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Gymnast Ellie Black displays her five medals for the cameras at the Halifax Stanfield International Airport after coming home from the Pan Am Games on Thursday. JEFF HARPER/METRO

# Golden girl lands home

**PAN AM GAMES**

**Gymnast Ellie Black returns with medals and memories**



**Kristen Lipscombe**  
Metro | Halifax

Black is back.

But the Halifax gymnast's luggage when she landed Thursday night at Halifax Stanfield International Airport weighed more than when she left for the 2015 Pan Am Games in Toronto.

After all, Ellie Black hauled back five medals to her home province of Nova Scotia.

"They're a little heavy," the 19-year-old said with a chuckle, as she pulled out three gold medals, along with one silver and one bronze, at the request of fans and media waiting eagerly in the arrivals area for Black's homecoming.

"You don't want to wear them for very long," she joked.

Black won gold in beam and floor Wednesday, in addition to bronze in vault Tuesday, gold in individual all-around Monday and silver in team competition Sunday.

"It's kind of hard to wrap my mind around," Black said of going five-for-five at Toronto 2015.

She said "it was a lot of fun" to have this year's Pan Am Games hosted in Canada, with a spirited, "supportive" crowd cheering her and fellow Canucks on through the course of the international, multi-sport event, which kicked off July 10 and concludes July 26.

As of Thursday night, Canada had claimed 38 gold, 36 silver and 23 bronze, for 97 medals overall, leading all countries.

Despite her three individual golds, Black said she's most proud of snagging silver with her Canadian artistic gymnastics contingent, especially on home soil.

"That was probably my favourite competition," Black said.

Mom Kathy Black added she's determined to make her dreams come true "one day at a time."

But before prepping for the world championship this fall, and hopefully another Olympic appearance at Rio 2016, the Black family will take a breather at home and celebrate their star gymnast's Pan Ams performance.

"I miss home — always," Black said. "I love coming back to Halifax."

**It's very important to Ellie to make Nova Scotia proud.**

Mom Kathy Black



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# Life's a beach, then they close it

## COMMUNITY

### Closure pattern same old story for Halifax



**Zane Woodford**  
Metro | Halifax

There have been eight beach closures in the municipality since the season began on June 30, but the city says that's just business as usual.

"We saw the same sort of pattern last year," said city spokeswoman Jennifer Stairs on Thursday.

The same day the season started, the Dingle Beach closed.

It reopened on July 3.

And then it closed again on Thursday, due to bacteria levels in the water.

"The beaches — they close, they open," said Stairs.

"It's not unusual throughout the summer months, and that's why we test regularly."

That testing is done weekly, looking at the level of bacteria in the water. Stairs says there are often higher levels after a lot of rainfall, and sometimes it's due to waterfowl and other animals on the beaches.

Last year, there were nine beach closures in the municipality, and the year before there were 18.

There are 23 city owned and operated beaches, and that testing is done at all of them.



**People sit near Black Rock Beach on Thursday, which remains closed to swimming due to high bacteria levels.** JEFF HARPER/METRO

Even though there are some repeat offenders — Black Rock Beach and Dingle Beach, for example — Stairs says the city isn't considering closing any of them, saying "they're open a fair amount throughout the season."

"We want the beaches to be available to the public as often as they can," she said. "We want them to have options

throughout the city. We just want to make sure they're safe options and that people are able to swim at a spot where they know and they're confident that it's going to be safe for their family."

#### LIFEGUARDS

They may not have much to do, but lifeguards assigned to beaches that get closed still have to report for duty. Stairs says the lifeguards are there to tell people the beach is closed and why. And if people choose not to listen, lifeguards are there to rescue them.

She says that in the case of a long-term closure, the city would likely reassign the life guard to another beach.

#### + WORST OFFENDERS

**Black Rock Beach:**  
Closed a total of nine days (currently closed)

of four days (currently closed)

**Government Wharf:**  
Closed a total of six days

**Shubie and Long Pond Beaches:**  
Closed a total of three days

**Kinsmen Beach:**  
Closed a total of five days

**Birch Cove Beach:**  
Closed a total of one day (currently closed)

**Dingle Beach:** Closed a total

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# Golden moments taking flight

What can you say that hasn't already been said about the performance by 19-year-old Ellie Black of Halifax at the Pan Am Games in Toronto? The Olympic gymnast found the podium in all five events she competed in, capturing three golds, a silver and a bronze. Her success has made her the star of the Games to date and the clear front-runner to carry the flag for Canada in the closing ceremonies.



## HOW THE MEDALS WERE WON:

**July 12:** Led Canada to silver in the women's gymnastics team all-around competition

**July 13:** Won gold in the women's individual all-around

**July 14:** Won bronze in the women's vault competition

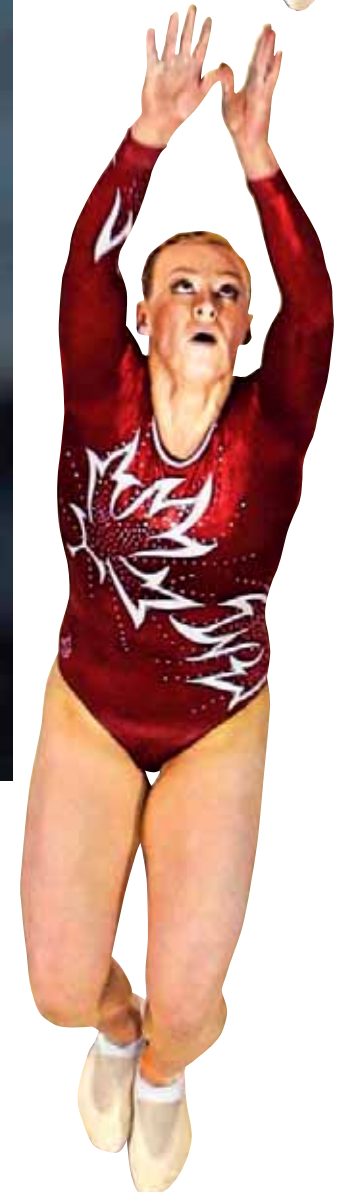
**July 15:** Won gold in women's beam and then finished first in women's floor exercise



Canadian Ellie Black, of Halifax, poses for a photograph with the five medals she won at the women's artistic gymnastics competitions during the Pan American Games in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

**"I was so proud of our team coming in silver, and individually in my finals I was not expecting half of this. So thank you to everyone."**

— ELLIE BLACK ON HER PAN AM GAMES PERFORMANCE





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**GRANDE PARADE MAYOR RAISES THE PRIDE** Mayor Mike Savage raises the pride flag with Halifax Pride Committee chair Willem Blois at Grande Parade on Thursday, to officially kick off the Halifax Pride Festival. JEFF HARPER/METRO

# Man dies after Fest

SUMMERSIDE

**He was attending Evolve Music in Antigonish**

Police are investigating the death of a young P.E.I. man who was attending a music festival in Nova Scotia.

Dylan Jonathan Avery Champion died Tuesday at the Halifax Infirmary.

"We are gathering information about the circumstances that led to the death of a 21-year-old man from Summerside... we want to understand how this happened," says RCMP Sgt. Alain LeBlanc in Halifax.

"This must be a difficult time for the family... something very tragic — the death of a 21-year-old man."

LeBlanc says an autopsy will be performed today.

Champion was attending the Evolve Music Festival in

“

**This must be a difficult time for the family... something very tragic — the death of a 21-year-old man.**

Alain LeBlanc

Antigonish last weekend.

While overdoses have been a problem at the annual electronic music festival, LeBlanc cautioned the public not to speculate on the cause of death.

"I do not think it would be helpful to speculate at all," he said. THE CHARLOTTETOWN GUARDIAN

## + AUTOPSY

LeBlanc says an autopsy will be performed Thursday.

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**HALIFAX**





Artists Dave Le Rue and Kizi Spielmann Rose create live art on Argyle Street outside Neptune Theatre during Nocturne in 2013. JEFF HARPER/METRO

## Use your feet on Argyle St.

PILOT

### 'Shared street design' project starting July 26



**Stephanie Taylor**  
Metro | Halifax

For six weeks this summer, people will get a taste of Argyle Street as it's transformed into a pedestrian walkway and pop-up event venue.

Changing the area between Sackville and Blowers Streets to better welcome those on two feet instead of four wheels is a no-brainer given the number of pedestrians who already populate the busy streetscape, said Sarah Ravlic, director of operations with the Planning and Design Centre in Halifax.

That's why the non-profit — also behind the Switch: Open Street events — is planning to pilot a "shared street design" project from July 26 to the first week of September.

"The idea of a shared street is to say to people, 'You're already here, now let's make this a space that is beneficial for you to be in,'" she explained Thursday.

The \$40,000 pilot is part of a multi-year project by the centre, pushing the city to redesign the entire street as a pedestrian

thoroughfare, pending the completion of the new Halifax Convention Centre, which requires major infrastructure upgrades.

For this pilot, Ravlic said lines are going to be painted onto the road to slow traffic and trees installed along the street to decrease the vehicle right-of-way down to four metres.

A pedestrian plaza seating area will also be placed near Neptune Theatre, she added.

She explained the street will be closed to traffic from Thursday to Sunday and will feature live music, crafters markets and other community events hosted by the Downtown Halifax Business Commission, which is cost-sharing the pilot with the city.

"Before we go ahead and spend millions of dollars transforming Argyle Street, one of the purposes of this project is to try a couple things," Paul MacKinnon, executive director of the commission, said Thursday.

Unfortunately, Ravlic said the plan had to be scaled back from what was initially proposed, such as stringing a canopy of lights above the street, partly due to budget and timing.

"This is suppose to be a pilot, we're suppose to be trying new things that maybe haven't been tried in Halifax before, but there's still be a lot of hesitation from that regulatory approval side," she said Thursday.

DARTMOUTH SOUTH

## Byelection numbers confirm NDP win

The official numbers are in from Tuesday's byelections, and the overall results remain the same.

In Dartmouth South, NDP candidate Marian Mancini beat Liberal candidate Tim Rissesso by 88 votes.

Preliminary results on election night had Mancini ahead by 81.

There were 35 ballots re-

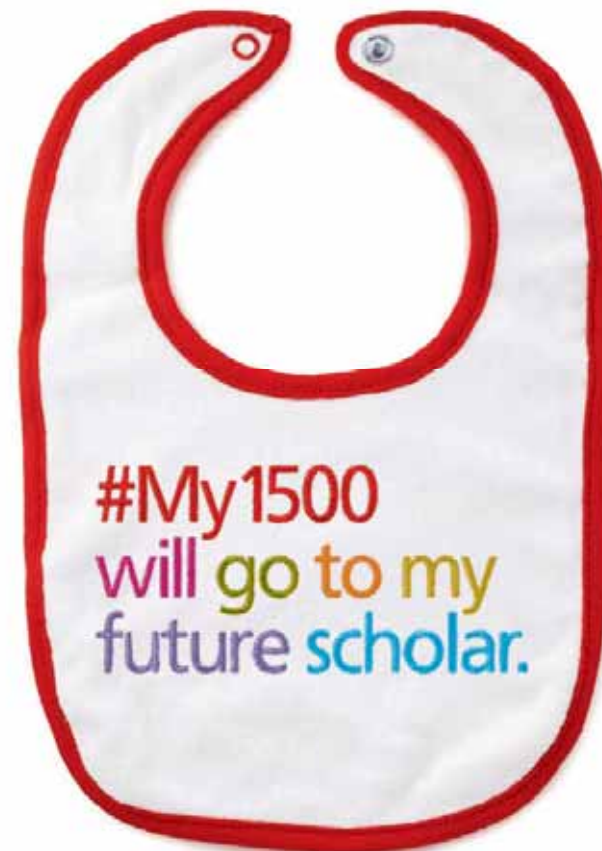
jected in that riding.

In Cape Breton Centre, Liberal candidate David Wilton won by 582 votes over NDP candidate Tammy Martin, with 39 rejected ballots.

In Sydney-Whitney Pier, Liberal candidate Derek Mombourquette beat NDP candidate Madonna Doucette by 1464 votes, and there were 31 rejected ballots. METRO



**Marian Mancini** JEFF HARPER/METRO



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**Let's shut the street for a couple of weekends ... see what the impact is in terms of attracting people or business.**

Paul MacKinnon, executive director of the Downtown Halifax Business Commission

# Locals opine on Shannon Park ideas

## REDEVELOPMENT

### Survey reveals little love for casino, condos



**Stephanie Taylor**  
Metro | Halifax

Community gardens, affordable housing and a multi-purpose sports complex were just a few

of the top ideas pitched for the redevelopment of Shannon Park.

On Thursday, NDP MP Robert Chisholm released results from a survey of 191 respondents, who voted on which of 16 projects they would most — and least — like to see built on the former military site.

While projects like aquariums and renewable-energy infrastructure garnered nearly equal levels of support and op-

position, other ideas, such as a casino, race track or new condominiums were overwhelmingly rejected.

More than 100 people were opposed to a CFL-size stadium on the site, while a little more than 60 said “yes” to the project.

“As I like to say, this isn’t necessarily as referendum on whether or not to build a stadium,” Chisholm said Thursday.

He believes a CFL stadium is the most widely publicized

of ideas but hopes the survey sends the message to residents that “all options are on the table.”

What is most evident, Chisholm said, was that people want to see the site redeveloped into a shared space, which includes access to the natural landscape.

“People want to make sure, I think, that a number of different income levels have access,” he added Thursday.



Shannon Park near the MacKay Bridge. JEFF HARPER/METRO

## REVITALIZATION

### School demolition to begin next week

Demolition work is slated to begin next week at the site of the former St. Patrick’s High School.

On Monday, crews will start preparing the site for demolition and securing the vacant buildings at 6067 Quinpool Rd.

The demolition is expected to take a year. There will be some disruptions in sidewalk and trail access around the school in the coming weeks as a fence is installed around

the property.

The city declared the property surplus last year and awarded a contract for the demolition last month to Capital Demolition and Environmental Services for about \$1.3 million.

The city is preparing to sell the land for future development, but until it’s sold, the site will be transformed into green space for public use.

METRO



The former St. Patrick’s High School on Quinpool Road in Halifax. JEFF HARPER/METRO

## IN BRIEF

### Province interviews workers in diver death

The province is investigating after a diver died while inspecting a Nova Scotia Power tidal station on Wednesday.

The Labour Department says the diver worked for Paul’s Diving Services Inc. The department’s occupational health and safety division has interviewed employees of the diving company and Nova Scotia Power employees who were at the power station at the time. THE CANADIAN PRESS

### \$1-million lottery ticket sold in Cumberland County

It looks like someone in the province is a \$1 million richer after purchasing a Lotto 6-49 ticket in Nova Scotia.

According to a release by the Atlantic Lottery Corporation, a ticket from Wednesday’s Lotto 6-49 draw worth \$1 million was sold in Cumberland County.

The release says the prize winner or winners will be announced once the winning ticket comes forward. METRO

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# Get a taste of trench warfare

## HISTORY

### First World War exhibit opening at Halifax Citadel

**Heide Pearson**  
For Metro | Halifax

By walking down a stone tunnel and around a corner, visitors of the new trench exhibit at the Halifax Citadel will be taken back in time and place, to France during the First World War.

The in-ground, second-line trench, which sits in the dry moat around the citadel, opens to the public this weekend. It's constructed as close to the real thing as possible, made mostly of lumber, sandbags and chicken wire.

"It is an enjoyable thing to put yourself in a different time and place and try to experience that for just a small period of time, and then you go back to your life," Hal Thompson of



**Stephen Loney, of the Halifax Citadel Regimental Association, peeks over the top of a sandbag in the Halifax Citadel's new First World War trench exhibit.** JEFF HARPER/METRO

Parks Canada said Thursday.

Thompson said the exhibit is one of the biggest in Canada. It has dugouts, where officers traditionally slept, "funk holes," or mini-bunkers that people can get into, and a peri-

scope used to scan No Man's Land.

People can use the exhibit's periscope to look at scanned, blown-up photos of what No Man's Land looked like during the First World War.

There will also be a hospital tent where visitors can see wartime medical procedures, triage and bandages.

Visitors will walk along the zig-zag layout of the trench, all while hearing historical

stories and interacting with the exhibit.

There will be troops in uniform and demonstrations of various wartime weapons, and visitors can try things like gas masks.

“

**You start to feel just a little bit, just a touch of that experience.**

Hal Thompson,  
Parks Canada

"Unlike a virtual exhibit, this is tactile, it's real," Thompson said.

Parks Canada hopes to incorporate an overnight component in the coming years, where people can spend a night in the trench to get the full experience.

The trench is 50 feet long, but Thompson said Parks Canada plans to extend it another 150 to 200 feet by 2018.

## DEBUT

The First World War trench exhibit opens at Halifax Citadel on Saturday and will be open the rest of the summer.

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Dalhousie professor Diana Lewis will begin teaching about historical and contemporary indigenous issues. CONTRIBUTED

# Dal to offer Indigenous Studies

## POST-SECONDARY EDUCATION

### First-of-its-kind program open to many area students



**Stephanie Taylor**  
Metro | Halifax

As a Mi'kmaq woman, Diana Lewis hears a lot of questions.

Not only from classrooms of students while she shares her research on how emissions from the Northern Pulp mill impact the health of those in Pictou Landing First Nation, but also from individuals searching for the language to talk about indigenous issues in general.

"So many times, non-native people will say to me, 'You know, I don't know if I'm asking this right. I always wondered about this, but wasn't sure how to say it,'" she says.

Listening with an open ear and answering with respect is the type of learning environment Lewis hopes to create for students entering the first classes in a new Indigenous Studies minor coming to Dalhousie University this fall.

The recently announced first-of-its-kind undergradu-

ate program in Halifax will be open to students from Dal, as well as from Saint Mary's University and the Nova Scotia College of Art and Design.

"It's so timely and it's so needed," Lewis said. She will be co-ordinating the new program.

"The world is changing," she went on, citing the Truth and Reconciliation Commission of Canada, now calling for "the average person to understand our place in history with this country."

"And why we are where we are today, looking at the colonial record."

Currently, Lewis is busy developing the curriculum for the first two courses of the program, which focus on both historical and contemporary issues in indigenous study.

The latter will include lectures and discussions on topics from murdered and missing aboriginal women and the Idle No More movement to land and treaty rights, which are "issues that people are probably hearing about, but don't know as much as they want to know," Lewis explained.

In the next three years, she hopes that a second instructor will be appointed in order to expand course offerings to indigenous rights and governance, as well as environmental issues.

## AIR TRAVEL

# WestJet Encore flying direct to Sydney

Haligonians now have another option when flying to Sydney, N.S., with the introduction of WestJet Encore.

The airline formally introduced its new year-round Sydney-to-Halifax service in front of a mixed crowd of business people, politicians, passengers waiting for their flights, and family and friends seeing loved ones off on Wednesday.

WestJet Encore, a wholly

owned subsidiary of WestJet, is a no-frills, 78-seat carrier.

Company CEO Ferio Pugliese said the move into Sydney was about giving people more options when booking a flight out of J.A. Douglas McCurdy Sydney Airport.

"The competition I believe is in here five times a day. This community doesn't have any other choices and fares are high," Pugliese said.

## + DETAILS

WestJet Encore Sydney-bound flights will leave Halifax every day at 12:35 p.m.; in Sydney, it'll leave at 2 p.m. for Halifax Stanfield International.

He said it's about bringing competition to new markets

and having rival airlines such as Air Canada respond to their price point.

When WestJet announced in January its intention to expand routes in Atlantic Canada, it offered an introductory fare of \$119.20 for a one-way ticket from Sydney to Halifax.

However, buying a ticket the same day for that inaugural 2 p.m. flight to Halifax Wednesday cost \$253.14. CAPE BRETON POST



# THE BIG LIFT

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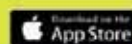
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# Windsor pub to get temporary home

## SPITFIRE ARMS

### Plans set to rebuild former site damaged by smoke, fire

It's official: The Spitfire Arms Pub is coming back.

The popular Windsor watering hole, which was devastated by

fire on July 14, will be opening in a temporary space by next week on Gerrish Street while they rebuild their old location.

Sarajeen MacDonald, manager of the Spitfire Arms, said staff are working as fast as they can to get the new location open.

"As quickly as possible, we're hoping to be open within days," MacDonald said. "We have the staff, we have the location, we have the seats, we just need all

of the proper approvals and permits."

"When we informed the staff of our plan moving forward, there were tears and smiles, you could see a lot of the worry wash off their faces," she said.

MacDonald said management went with the former Angles location on Gerrish Street because it was pretty much ready to go.

While the Spitfire is in the new location, work will begin on

rebuilding the Water Street site.

MacDonald couldn't give a timeline when the pub will be back in the old Spitfire building other than "as soon as possible."

She added that employees have felt very moved by the community's response to the fire.

"It makes us all feel very appreciated, it's very humbling," she said. "It gives us even more strength to rise again."

HANTS JOURNAL



Two firefighters take a step back to examine the damage to The Spitfire Arms Pub on Tuesday. HANTS JOURNAL

## ENVIRONMENT

### Fracking water disposal gets OK

The Nova Scotia government has given a company approval to dispose of more hydraulic fracturing waste water that is stored in two holding ponds near Kennetcook.

The waste water will be used as a coolant in a kiln at the Lafarge cement plant in Brookfield and evaporated at 700 degrees Celsius after being treated for naturally occurring radioactive materials with a process called reverse osmosis.

The government has said that a previous pilot project of two million litres showed evaporation is a viable disposal solution for the waste water.

Last October, the province allowed Atlantic Industrial Services to treat an additional five million litres of waste water left over from drilling in 2007 and 2008.

The work is expected to begin next week and will see the company relocate its water treatment equipment from De-

bert to Kennetcook, with up to eight truckloads of treated water transported daily to the cement plant.

"This is a significant milestone and good news for Kennetcook residents who have been looking forward to disposal since the evaporation pilot proved to be a viable solution for addressing the province's hydraulic fracturing waste water last year," Environment Minister Randy Delorey said in a statement.

THE CANADIAN PRESS

## 20 million

The province says Triangle Petroleum has 20 million litres of waste water in the two holding ponds in Kennetcook.

## IN BRIEF

### Northumberland Strait forests and wetlands saved

A large tract of forest and wetland is being protected along Nova Scotia's Northumberland Strait.

The Nature Conservancy of Canada says the 83 hectares include salt marsh wetland and forests on the Pugwash River.

The acquisition also takes in the Missiquash marshes on the Nova Scotia side of the Chignecto Isthmus.

The group says the area is prime habitat for differ-

ent waterfowl, including Canada geese, American black ducks and great blue heron.

Eelgrass on the mud bottom of an estuary is also a fish habitat during spawning and rearing, and 27 species of shorebirds pass through the region during migrations.

The Chignecto Isthmus is the site of a land conservation effort to build a protected corridor for wildlife, like bobcats, bears and moose.

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# Committed to conservation

## ENVIRONMENT

### Friends of McNabs Island mark 25 years with picnic

**Heide Pearson**  
For Metro | Halifax

For Dachia Joudrey, McNabs Island is a place where time stands still, and as part of the Friends of McNabs Island Society, she and other volunteers have put in countless hours to maintain it.

For the past 25 years the Friends of McNabs Island society has been working to preserve the island. To celebrate the years of handwork they're holding a picnic celebration on the island on Saturday.

"It's gonna be a lovely day," said Joudrey on Thursday.

Picnickers can catch a boat from the Murphy's Cable Wharf at either 9:30 a.m. or 11:30 a.m. and enjoy a day out on the island. The celebration will have many events, including nature and history



**A fisherman pulls his traps into his boat situated in front of McNabs Island. A picnic, tours, beachside yoga, music and activities for children are planned on the island to celebrate it and the efforts of the Friends of McNabs Island society.** JEFF HARPER/METRO FILE

tours, yoga on the beach and activities for children.

People can take tours of either the north part of the island to see the old houses, or the south side to see Fort McNab and other sights.

"It's quite a unique environ-



**We wanted to celebrate the incorporation of our society, and celebrate it with people who like coming over.**

Dachia Joudrey, volunteer with the Friends of McNabs Island Society

ment here," said Joudrey. "You can come out for a day and lose all track of time."

Celtic musicians Dave MacLissac and Louis Benoit will also be playing for visitors at the tea house.

Each year the Friends of

## + TICKET PRICES

### Protecting McNabs Island

Tickets for the Friends of McNabs Island 25-year celebration are \$20 each, \$15 for members.

Tickets are available at ticketatlantic.com, or at participating Atlantic Superstore locations.

McNabs Island society organizes a volunteer beach clean-up and holds tours to teach people about Halifax's history as well as environmental preservation on the island. They also help maintain hiking and walking trails on the island.

"We wanted to celebrate the incorporation of our society, and celebrate it with people who like coming over," said Joudrey.

Attendees are asked to bring their own picnic lunch, lots of water and plenty of sunscreen.

The 9:30 a.m. boat will return to Halifax at 2:30 p.m., and the 11:30 a.m. boat will return at 4:30 p.m.



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# Bicycles aren't just for the Spandex-suited set anymore

## WOMEN ON WHEELS

**Cyclist aims to broaden appeal through casual group rides**

**Heide Pearson**  
For Metro | Halifax

Lynne Pascoe is a passionate cyclist, but she's a little older than you might expect.

Recently retired, Pascoe has been trying to get women back on bicycles through the Senior Women on Wheels program with Bicycle Nova Scotia.

Pascoe said the idea started two years ago, when Bicycle Nova Scotia wanted to get more women back on the road.

Since then, they've had two weekend Women on Wheels event with rides and workshops to encourage female riders. From the events came the idea that these rides should become a regular thing.

"The objective of this is to get women back on bikes, to



Lynne Pascoe poses for a photo with a bike earlier this week outside the Halifax Central Library. JEFF HARPER/METRO

do it short distances on trails," Pascoe said. "Help them build up their confidence then very gently reintroduce maybe riding on roads."

Women on Wheels does easy weekly rides through trails to help the women get used to riding again, before they get back on the streets.

"If you want to come and you want a nice short, relaxed ride with some social activity and some basic mechanic skills, that's what we're trying

to provide," Pascoe said.

The group is called Senior Women on Wheels, but the rides are open to women of all ages. Pascoe said riders come

out who are in their 20s, and even in their 70s.

Pascoe said the program is picking up speed, as there are communities all over Nova Scotia wanting to get riding groups on the roads. They've got interested riders from Yarmouth to the Mumford Road in Halifax.

"People are seeing us ride, and they're saying 'oh you know, those aren't young twenty-something lycra-wearing athletes,'" said Pascoe.

Women on Wheels also teaches women bicycle maintenance, including how to fix a flat tire, how to adjust brakes and pump tires.

## + BACKGROUND

For information on Women on Wheels rides in your area, visit: [bicycle.ns.ca](http://bicycle.ns.ca)  
METRO

**"I really felt that there was a missing piece to the bike clubs."**  
Lynne Pascoe



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## IN BRIEF

### Polaris Music Prize shortlist announced

Toronto-based, Cape Breton-bred band Alvays has made the 2015 Polaris Music Prize shortlist.

The popular indie band joins BADBADNOTGOOD & Ghostface Killah, Braids, Caribou, Jennifer Castle, Drake, Tobias Jesso Jr., The New Pornographers, Buffy Sainte-Marie and Viet Cong on the short list announced Thursday in Toronto.

The short list honour comes with a \$3,000 prize, and the winner will get \$50,000.

The awards gala will be held in Toronto on Sept. 21. It was also announced Thursday that popular Canadian children's entertainer Fred Penner will host the gala.

METRO

### Firefighters battle blaze near Wharton

An otherwise idyllic summer afternoon in Wharton, Cumberland Co. was abuzz with activity as firefighters attacked a forest fire on Thursday.

Local department of natural resources personnel, five volunteer fire departments, and two helicopters were all on hand to battle the blaze, as black smoke billowed into the sky from the dry forest below.

Natural resources spokesperson Andrew Preeper reported Thursday the fire first covered about two to three hectares of land, but spread to eight to 10 hectares late in the day.

A firefighter on the scene said they received a call about the fire around 11 a.m.

The cause of the blaze

was uncertain.  
CUMBERLAND NEWS

### Company to get \$3.4 M tax rebate for 300 jobs

A New Jersey-based technology company would get payroll rebates of about \$3.4 million if it creates 300 jobs in Nova Scotia over a five-year period as part of its expansion plans.

IGATE Corp. does work a number of companies in the banking, financial services, insurance, health care, manufacturing, media, energy and retail sectors.

The company has an office in the Halifax area and plans to expand its operations in the province.

Nova Scotia Business Inc. says the company would get a lower payroll rebate if it creates fewer than 300 jobs.

THE CANADIAN PRESS



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# Nova Star cuts its spending

## FINANCE

### Costs down by about half, report says

Nova Star Cruises had \$7.3 million in expenses between Jan. 1 and June 30 of this year, about half of what it spent for the same six-month period a year ago, according to figures from the company.

The operators of the Nova Star ferry spent more of that money in Nova Scotia this year than last, the total coming to just over \$1 million for the

first six months of this year.

Meanwhile, about two-thirds of the people who sailed on the Nova Star in June boarded the vessel in Portland, Me., which is consistent with its marketing strategy, the company says.

The ship carried 8,535 passengers in June, 65 per cent of whom (5,552) boarded in Portland, the company says.

Spending by Nova Star Cruises for the first six months of this year totalled \$7,305,023, compared to \$14,336,693 for the same time period in 2014, according to numbers released by the company.

Nova Star Cruises had higher costs in 2014 as part of the process of setting up and launching its ferry service between Yarmouth and Portland.

In the breakdown of spending covering the period from Jan. 1 to June 30 of this year, the company spent \$4,467,740 on ship lease and operations (ship lease payments, operations management, on-board staffing costs), compared with \$11,252,773 in the first six months of 2014.

THE YARMOUTH VANGUARD

## + IT FIGURES

### Where the money went

Spending in Nova Scotia (for staff, fuel, food, security, supplies and services) for the first six months of this year came to \$1,059,032, compared to last year's figure of \$910,650 for the first six months.



**TRANSPORT TRUCKS CRASH ON HIGHWAY 101** Traffic is diverted as firefighters and emergency responders deal with a serious crash on Highway 101 near Exit 13 in Coldbrook on Thursday. Two transport trucks collided just east of Exit 13, with one vehicle rear-ending the other. Both trucks were travelling east towards Halifax. One driver was sent to hospital with non-life-threatening injuries. KINGS COUNTY REGISTER

## IN BRIEF

### Funding revealed for road repaving work

The three levels of government will share the \$800,000 cost of repaving sections of five of the busiest roads in the Cape Breton Regional Municipality. Cape Breton Regional Municipality Mayor Cecil Clarke spoke as Federal Transport Minister Lisa Raitt and provincial Transportation and Infrastructure Minister Geoff MacLellan looked on during a funding announcement in Sydney Thursday for road work in Sydney and

Glance Bay. With the funding, sections of Esplanade, Kings Road and the Sydney Port Access Road in Sydney will be repaved, as will sections of South Street and Commercial Street in Glance Bay. CAPE BRETON POST

### Nova Scotia RCMP finish probe into N.B. shooting

The RCMP has concluded its investigation into a fatal shooting in January involving Bathurst City Police in northern New Brunswick. The Nova Scotia RCMP was asked to probe the shoot-

ing after 51-year-old Michel Vienneau of Tracadie-Sheila was fatally wounded by police. The shooting happened near the city's train station on Jan. 12. At the time, Bathurst police said its officers were involved in an ongoing investigation, but few other details have been released. The full RCMP investigation has been handed over to Public Prosecution Services New Brunswick, which the Mounties say will determine if charges are appropriate.

THE CANADIAN PRESS



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Halifax Regional Police are looking for a man caught masturbating in his car. JEFF HARPER/METRO

## Man caught in north-end indecent act

### CRIME

### Man reported masturbating inside light blue Sebring



**Kristen Lipscombe**  
Metro | Halifax

Halifax police are trying to track down a man caught masturbating in a parked car Wednesday night in north-end Halifax.

A woman called the cops at about 9:40 p.m. to report she had been walking in the Livingstone Street and Novalea Drive area when she saw the man in-

side a parked light blue Chrysler Sebring, according to a Halifax Regional Police news release issued late Thursday afternoon.

The man, who was the only person in the car, allegedly "made an inappropriate comment" to the woman before he drove off, the news release said.

Halifax Regional Police spokeswoman Const. Stacey Opalka said officers are still investigating this "indecent act," adding the only description of the suspect is a white man in his 30s. She said any potential charges are yet to be determined.

Anyone with information is asked to call police at 902-490-5016 or Crime Stoppers anonymously at 1-800-222-8477.

### IN BRIEF

#### Man alleges police touched him inappropriately during arrest

The province's Serious Incident Response Team (SIRT) is investigating an allegation that police inappropriately touched a man from Yarmouth while arresting him in Annapolis Royal last week.

The man was pulled over while driving a black truck at about 4 p.m. on July 9 after police received a complaint about his driving.

A release from SIRT says after talking to the man, the

officers from the Annapolis Royal Police Department attempted to arrest him.

A struggle ensued, and the man says the officers ripped his pants, exposing — and then touching — his genitals.

All allegations of sexual assault by officers in Nova Scotia are referred to SIRT.

The independent investigator interviewed the man this week. It says it believes there are witnesses and asks them to come forward.

METRO

### LAW

## Young Nova Scotia man sentenced to four months for triple fatal crash

A young Nova Scotia man has been sentenced to four months in a youth correctional facility for a crash in Cape Breton two years ago that killed three people.

The 18-year-old man, who cannot be identified because he was 16 at the time, was also sentenced to two months of house arrest and 15 months of

probation. He has been banned from driving for five years.

The man was facing three counts of dangerous driving causing death and three counts of dangerous driving causing bodily harm.

The teenager pleaded not guilty to the charges last July, but later changed his plea to guilty.

Logan Patrick MacIntyre, 17; Morgan Christopher MacIntyre, 19; and Joel Cecil Chandler, 20, died in July 2013 when the car they were travelling in veered off a rural highway and slammed into a ditch.

Three others were seriously injured, including a young man who ended up paralyzed. During his sentencing

Thursday, the teenager said he was truly sorry for what happened.

Judge Laurie Halfpenny MacQuarrie said she wished the teen had had more counselling.

"You'll always have the memories. You'll always have the guilt," said MacQuarrie in handing down the sentence.

THE CANADIAN PRESS

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# Senator to undergo review

## GOVERNMENT

### Ethics officer to review harassment allegations

The Speaker of the Senate says the upper chamber's ethics officer has been asked to look into Sen. Don Meredith over the results of an investigation into how he treated his office staff.

Leo Housakos publicly confirmed in a short statement Thursday morning that Meredith has been told he will undergo an ethics probe.

Housakos says he and other top senators on the Senate's internal economy committee felt it was "imperative" the investigation results be referred to ethics officer Lyse Ricard.

Depending on the outcome of the latest ethics review, Meredith could face penalties ranging from a forced public apology on the floor of the Senate — which is the punishment for former Conservative Pierre Huges Boisvenu when he was found last year to have violated the Senate's ethics code — to

suspension without pay.

Sources told The Canadian Press Wednesday night that six former staffers who spoke with outside investigators made allegations of workplace harassment against Meredith, saying he was a bully, rude and unprofessional toward his staff.

There are also allegations of psychological harassment and sometimes making irrational demands of his staff.

The allegations in the investigation report remain unproven and none of the staffers who took part, nor any whose stories are included in the report, wanted to file a formal complaint against Meredith, sources say.

The Senate first ordered the investigation into Meredith's office in February after top senators, including former Speaker Pierre Claude Nolin, witnessed what they felt was a troubling turnover of staff in Meredith's office. The Senate's internal economy committee called in outside investigators to speak with former staffers and Senate human resources officials as well as Meredith himself.

Six staffers who left Mere-



**The Speaker of the Senate says the upper chamber's ethics officer has been asked to look into Sen. Don Meredith, seen in this undated photo, over the results of an investigation into how he treated his office staff.** THE CANADIAN PRESS

dith's office in the last four years and spoke with investigators are not identified in the report and only took part on the condition that their names be protected.

The investigators' report has

not been made public.

The former Conservative senator who now sits as an independent has not returned multiple requests for comment left for him on his Senate cell phone and at his Richmond

Hill home Wednesday night and Thursday morning.

Meredith is already under investigation by the Senate's ethics officer after published allegations last month that he had a sexual relationship with a 16-year-old girl.

The woman told Torstar News Service that Meredith initially believed her to be 18, but she told him her true age within six weeks of the pair's first meeting at a Black History Month event at a church in Ottawa.

The Torstar report said the woman, who is now 18, had sexually explicit online chats with Meredith and that the relationship progressed to kissing and touching before she turned 18.

The Toronto-area senator appointed by Prime Minister Stephen Harper quit the Conservative caucus after the allegations were published.

He has since faced calls for his resignation from senators of both stripes. Through a lawyer retained after the Torstar story was published, Meredith stated he fully intends to respect the internal procedures of the Senate. THE CANADIAN PRESS

## IN BRIEF

### More evacuees head home in Saskatchewan

More evacuees were heading back to their homes in northern Saskatchewan as firefighters gained the upper hand on wildfires threatening some towns and reserves.

Evacuation orders were lifted Thursday for several communities including Montreal Lake, Weyakwin and La Loche, a village of about 2,600 people. About 1,000 residents returned Wednesday to other areas, including Pinehouse and Turnor Lake-Birch Narrows.

A higher-than-average number of fires this season forced about 13,000 people out of their homes in about 50 communities over the last three weeks. Fires have destroyed about 90 homes, many of which were seasonal cabins.

Flora Kraus told Saskatoon radio station CKOM that, after 18 days in a hotel in Prince Albert, she was glad to finally go home to Weyakwin. But she was also afraid of what she might find.

THE CANADIAN PRESS

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## FACEBOOK

### Tories like country music

You might say they're a little bit country, a little bit Christian.

That's the profile that emerges of Conservative party supporters based on the books, music, movies and television shows they "like" on their Facebook pages.

Facebook Canada has analyzed the cultural preferences of Canadians who indicate support for one of the federal political parties. And it's found that Conservatives are a relatively unique breed, having little in common with Liberals, New Democrats and Greens whose preferences

### + 'LIKES'

#### Favourite Tory movies:

God's Not Dead, The Fast and the Furious, Son of God, Transformers and Heaven Is For Real.

often coincide.

The top five Conservative musical faves? Country singers Taylor Swift, Carrie Underwood, George Strait and Brad Paisley and Christian rock band

Casting Crowns.

The Conservative predilection for Christian themes is reflected in their choice of movies, books and films as well, although they're not averse to a little comedy or action flicks.

New Democrats and Greens both like The Daily Show, This Hour Has 22 Minutes and Democracy Now!, and they both put The Lord of the Rings in their top five movie picks while the trilogy of the same name and The Hobbit made their top five books. THE CANADIAN PRESS

## ART

### Racy mosaic raises eyebrows

A deceptively innocent-looking piece of art that actually includes graphic photographs of naked women having sex is raising eyebrows with Ontario's Progressive Conservatives, who say it should not be on display in a government office tower.

Sacred Circle VI by French-Canadian artist Rosalie Maheux is part of a collection of works by artists under the age of 30 on display in the John B. Aird gallery in the lobby of an Ontario government office block in downtown Toronto.

The artwork looks like an interesting mosaic from a short distance away, but a closer view shows the piece is composed of what many would consider pornographic pictures of women engaged in various sex acts.

Maheux did not respond to requests for comment Thursday, but in a news release issued by the John B. Aird Gallery she defended her work as a feminist comment that was meant to be beautiful from afar but jarring up close.

"The use of pornographic

images in the creation of these highly detailed patterns goes against the original meanings of the sacred circle by creating an ambiguous dialogue between attraction and repulsion, a common duality in pornography as well as in certain religious thoughts," said Maheux.

Progressive Conservative women's critic Laurie Scott said she was disappointed to see such explicit images of women on display in a government office, and doesn't care what the artist had in mind.

THE CANADIAN PRESS



# Astronauts dodge debris

## SPACE STATION

### Team seeks shelter from space junk in Soyuz capsule

A piece of space junk forced the three space station astronauts to seek emergency shelter Thursday.

For nearly an hour, the American and two Russians hunkered down in their Soyuz capsule, which is docked to the International Space Station, in case they had to make a quick getaway. The fragment from an old Russian weather satellite ended up passing harmlessly, about 3 kilometres away.

"Happy there was no impact," NASA astronaut Scott Kelly said via Twitter. "Great co-ordination with international ground teams. Excellent training."

It's only the fourth time in the 16-year history of the space station that a crew has had to rush into a Russian Soyuz for protection from potentially dangerous debris. The exact size of the object was un-



**Astronaut Scott Kelly sits in a Soyuz simulator at the Gagarin Cosmonaut Training Center in Star City, Russia, earlier this year.** BILL INGALLS/NASA VIA THE ASSOCIATED PRESS

known, according to a NASA spokesman.

Normally, NASA learns about incoming junk sooner, and the space station moves out of the way. But there wasn't time for that Thursday; the crew was notified just 1 1/2 hours in advance.

The three men were already up and working when Mission Control ordered them into the Soyuz on Thursday morning. They did not need to put on their Soyuz flight suits, and there was no rush, said NASA spokesman Dan Huot.

The all-clear came 1 1/2

hours after the initial alert, around 8 a.m. It took the astronauts more than an hour to get their 400-kilometre-high home back to normal operation, following the "shelter in place," as NASA calls it. Research work that was interrupted will be rescheduled, according to Mis-

sion Control.

Kelly and his Russia roommates, Mikhail Kornienko and Gennady Padalka, are getting used to junk in their neighbourhood.

Twice since the trio arrived in March, the space station has had to dodge pieces of orbiting debris, in April and June. Three more men are due to arrive next week.

The last time a station crew had to jump into their Soyuz for protection was in 2012.

Space junk is at an all-time high because of all the clutter in orbit, the result of accidentally colliding spacecraft, exploding satellites and rocket stages, and deliberate run-ins ordered up as tests by China and the United States several years back. Just last February, a U.S. military meteorological satellite blew up, presumably because of a failed battery, scattering dozens of pieces of debris.

The Defence Department is currently tracking about 22,000 dead satellites, spent rocket bodies and all other forms of orbital debris.

THE ASSOCIATED PRESS

## COLORADO

### Theatre shooter guilty

Colorado theatre shooter James Holmes was convicted Thursday in the chilling 2012 attack on defenceless moviegoers at a midnight Batman premiere after jurors swiftly rejected defence arguments that the former graduate student was insane and driven to murder by delusions.

The 27-year-old Holmes, who had been working toward his PhD in neuroscience, could get the death penalty for the massacre that left 12 people dead and dozens of others wounded.

The initial phase of Holmes' trial took 11 weeks, but it took jurors only about 12 hours to decide all 165 charges. They must now decide whether Holmes should pay with his life.

The verdict came almost three years after Holmes, dressed in body armour, slipped through the emergency exit of the theatre in suburban Denver and replaced the Hollywood violence of the movie *The Dark Knight Rises* with real human carnage.

THE ASSOCIATED PRESS



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# Chancellor under fire

GERMANY

## Refugee girl cries when told why she might be deported

Angela Merkel came under criticism Thursday for her awkward treatment of a young refugee brought to tears by the German chancellor's comments on asylum.

A video of the encounter Wednesday afternoon at a community event in Rostock showed the Palestinian teenager telling Merkel that her family had been waiting four years to get permanent leave to remain in Germany.

"It's really unpleasant to watch others enjoy their life and not be able to enjoy it one-

self," the girl told Merkel, saying she wanted to go to university.

In response, Merkel told her "sometimes politics is hard" and Germany can't accommodate everybody who wants to come. Since the teen's family had previously lived in Lebanon, a country Germany considers safe for refugees, their chances of being allowed to stay aren't certain.

As Merkel outlined her government's desire to speed up asylum decisions so all applicants receive a verdict within a year, the teen burst into tears. After a brief hesitation, Merkel walked over to comfort her.

"I know it's a difficult situation, but I still want to give her a pat," the chancellor said.

Merkel's office said the chancellor didn't speak to the girl, identified only as Reem, after the event.

But Merkel's blunt words about swiftly deporting those whose asylum applications are denied drew harsh criticism.

"The mistakes in the government's refugee policies can't be patted away," tweeted Katrin Goering-Eckardt of the opposition Green party.

THE ASSOCIATED PRESS



German Chancellor Angela Merkel comforts a crying Palestinian girl threatened with deportation on Thursday in Rostock, northern Germany, after the leader discussed the challenge of asylum applications. STEFFEN KUGLER/AFP, GETTY IMAGES

### IN BRIEF

#### No trial for mom who let daughter sip margarita

A woman accused of allowing her 2-year-old daughter to sip her margarita at a restaurant has avoided trial and possible deportation to Haiti.

The charges against Sheldy Newlson, 42, will be dismissed if she takes a parenting class, passes random alcohol tests and complies with orders from child welfare officials.

THE ASSOCIATED PRESS

#### Man unharmed after train runs over him

Police say a man escaped injury after being run over by a freight train while sleeping in the middle of railroad tracks in the state of New York.

Police say a freight train more than a mile (1.6 kilometres) long approached the drunk and unconscious 38-year-old Aaron Collins around 10:30 p.m. in upstate New York. The conductor spotted him on the tracks and stopped the train, but not before the first two engines passed over him.

THE ASSOCIATED PRESS

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**E-COMMERCE AMAZON TURNS 20** Amazon CEO Jeff Bezos, along with his stuffed Pikachu Pokemon doll, discussing the company's expansion at a New York news conference in 1999. The company, which launched July 16, 1995, began as an online bookseller. But as it celebrates its 20th anniversary, the company has evolved into an e-commerce powerhouse, making \$89 million in annual revenue. RICHARD DREW/THE ASSOCIATED PRESS

## Striking a balance

### HEALTH

### Poll says 40% of Canadians will work on their vacations

It appears a majority of working Canadians don't mind handling work-related matters on their own time — except during vacations, according to an online survey published Thursday.

The Randstad human resources advisory firm says 59 per cent of the adult Canadian employees surveyed in April and May said they didn't mind handling work-related matters on their own time.

That number dropped to 40 per cent when it came to vacations, although Randstad says there was a big difference between the sexes — with men much more likely than women to say they choose to do work during their holidays.

It says 60 per cent of the men surveyed said they felt pressured by a boss to be available by email or phone while on vacation, compared with 45 per cent of the women surveyed.

Randstad Canada's Faith Tull says employers have a responsibility to help employees strike the right balance, which she says is essential to keeping them motivated, and to avoid exhaustion.

"We need to encourage them to disconnect completely from time to time, and be careful as managers not to blur the lines between home and work," Tull says.

Randstad says its survey is conducted four times a year in 33 countries, with at least 400 interviews per country it covers. Respondents are aged 18 to 65 and work at least 24 hours per week in a paid job.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error. THE CANADIAN PRESS

### ONLINE SHOPPING

## PayPal, eBay forecast the journey ahead

Once eBay and PayPal split up today, they'll face different challenges than they did as a combined company.

E-commerce company eBay first said in September 2014 it would split off its payments unit PayPal, in order to focus on growing their profits individually.

In a call after the two units posted quarterly profits that topped Wall Street's expectations, PayPal President Dan Schulman and eBay President Devin

Wenig each outlined their plans following the split:

### eBay

eBay now is focusing on reinventing its marketplace business, which includes the e-commerce arm of eBay. It stumbled last year when it had to deal with a change in Google's algorithms that made eBay products come up in search results less often.

Wenig said the company is asking sellers to include more

detailed descriptions in their product listings to help improve search results. Wenig said the company is also focusing on gaining traffic through social media: "Our absolute priority is to improve our competitiveness and drive more stable profitable growth over the long term," Wenig said.

### PayPal

PayPal's goal going forward is to get more merchants to accept

its payments in stores. It also wants PayPal users to pay with the service two or three times a week rather than two or three times a month. PayPal also plans to grow internationally via its acquisition of Xoom.

"We believe our technology platform, global reach can move PayPal from being an occasional transaction to being an integral part of consumers' financial lives," Schulman said.

THE ASSOCIATED PRESS

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### IN BRIEF

#### Court rules against Bell; company loses bid to have 911 decision overturned

Bell Mobility Inc. has lost its bid to overturn a ruling that held it liable for charging customers in the northern territories a 911 fee without offering the service. A trial judge ruled Bell Mobility had breached its contractual obligations, a decision that was upheld by the appeal court. THE CANADIAN PRESS

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**GOLD**  
\$1,143.90 US (-\$3.50)

**NATURAL GAS:** \$2.854 US (-6.4¢)  
**DOW JONES:** 18,120.25 (+70.08)





## THE KOHLER REPORT: ON ARMPIT HAIR AND DOUBLE STANDARDS



### What upsets me most about my uneasiness with pit fuzz is that I wasn't just being fastidious, I was being sexist.

You know that expression, "Hey, maybe you'll surprise yourself"? People usually use it in a positive way: "Don't be worried about that presentation on Friday; who knows, maybe you'll surprise yourself." I think we're always hoping to surprise ourselves. Too bad we can't do it with parties — if nothing else, it would make life less boring. But I recently surprised myself in a bad way when it came to my attention that the sight of female armpit hair, which is making a comeback, makes me squeamish.

Just to put my self-surprise into perspective: I like The Grateful Dead, I wear Birken-

stocks and I have never once paid money to have any of my body hair removed from ... my body. (Okay, that's not true; I once paid to have my eyebrows threaded, which resulted in me looking frightened for two weeks.)

My point is, aside from some highlights, a mild-to-serious mascara addiction and a penchant for the Venus razor, I'm pretty low maintenance. Live and let live, grow and let grow! So why, upon seeing a few ladies in my neighborhood sporting underarm-growth, have I been, for lack of a better term, grossed out?

What upsets me most about my uneasiness with pit fuzz is that I realize now I wasn't just being fastidious, I was being sexist.

A few weeks ago, I was talking to some friends about a woman who works at my local coffee shop. She often wears

tank tops and has hairy pits. I said to my friends, "I mean, I don't care if you grow out your pits, but like, if you work in a restaurant, wear sleeves." One of my friends suggested I only felt that way because it was a woman. I protested that NO, I'd think it was gross either way.

You can imagine my horror when my friend pointed out that for the past two hours we'd been attended by a male server, with hairy armpits, wearing a tank top. The only thought I'd had about him was that he kind of resembled a turtle. I had indeed *not* noticed his pit hair.

*Side note:* my sexism aside, if you work in a bar/restaurant/coffee shop, man or woman, and you haven't mowed recently, wear sleeves! Or at least little underarm hairnets. ("I ordered cherry pie, not hairy pie!")

I'm not going to beat myself up too much. A quick Google search will teach you that women started shaving their armpits around 1915, when sleeveless dresses were introduced. I grew up in a world where most women (at least in North America) shave(d) their armpits. So, while the "me" I know doesn't think women should feel the need to shave, it doesn't mean the sight of hairy pits won't be jarring at first. (The first time I saw skinny jeans, I threw up in my mouth. Now a boot cut makes my skin crawl.)

If women are in the process of knocking an unnecessary chore off our socially constructed to-do list, then I say go for it. I don't know if I'll jump on board right away (I have a giant box of razors I got at Costco, so ...), but I will definitely make an effort to get to the point where, upon seeing a bushy pit, I'll be saying things like, "You go, girl!" And eventually — as I did with Mr. Turtle — I won't even notice.

**Rebecca Kohler** is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca\_kohler

## metroview

### How I satisfied my spiritual hunger with urban foraging



**Mila Petkovic**  
Metro | Toronto

The wilderness of Toronto's High Park is my habitat, and this eager urbanite is on the hunt. With one swift flick of my pocket knife, I cut the red flower cluster of a stag-horn sumac away from the branch and tuck it into my bag. "I must look strange," I chuckle to myself. Next stop: the mulberry tree.

What am I doing? Why, an action as old as time. Only now it has a 21st-century pet name: urban foraging.

Our built environment abounds with wild edibles. It has certainly changed the way I look at weeds and walk through the world. City parks, ravines, lawns and gardens hold the key to some of my favourite treats: blackberries, mint, lavender and even morel mushrooms at the right time of year. The sumac I harvested can be made into a tasty lemonade-like drink chock-full of vitamin C.

It all started when I decided to leave my full-time office job to pursue a freelance career. One side effect of this decision (besides financial uncertainty) is more time to do the things I love, including reconnecting with the life force that fuels my everyday existence: food.

Our industrialized food system delivers us goods in boxes from around the world. Many of us don't know what the sources of our foods look like (cashew

trees anyone?) or whether they were sustainably grown. Food is literally medicine, but the grind of fast-paced modern life has many of us crunched for time and turning to microwave dinners containing unpronounceable ingredients for relief. Our natural connection to the ecosystems that sustain us is being destroyed, and we are left out of touch, disempowered and even sick.

Foraging, gardening, hitting up the farmers' market and even the simple act of preparing our own meals is a challenge to this paradigm, and consciousness is shifting. Urban agriculture projects and grassroots initiatives like Not Far From the Tree (a Toronto group that pairs up volunteer pickers with landowners and splits the harvest with food banks) are taking root. Organic, local and free range are the hot items in the food world now, though not everyone can afford them.

Perhaps it is a profound need to reconnect with the earth that drives me to forage. Maybe it's the sheer joy of discovering a ripe fruit or the tactile satisfaction of plucking it directly from the vine. Or better yet, the sense of community created by sharing a jar of homemade jam. It's true what they say: some of the best things in life are free.

**Where's the line between art and porn? Visit [metronews.ca](http://metronews.ca) to answer our poll and have your say.**

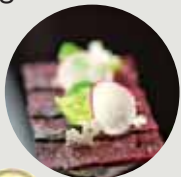
## Happy face/Sad face

From **medical mishaps** to **culinary country foods**, Metro weighs in on the news making headlines this week



### Baby boy who?

Parents-to-be who can't make up their minds often end up with their offspring temporarily named "baby boy Bartkowicz" or "baby girl Smith" during their hospital stay. That's a problem, says a study in the journal Pediatrics. Generic names increase the risk of mixing up pint-sized patients. Retract-and-reorders — an indication of medical error — decreased 36 per cent when distinctive names were used. All the more reason to get your child's name ready well in advance. SOURCE: NPR



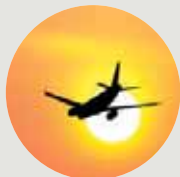
### The Gwich'in gourmet

In a homecoming of sorts, Rich Francis, a renowned Northwest Territories-raised, Ontario-based chef from the Gwich'in First Nation, just finished a one-week residency in Iqaluit. He cooked a high-class meal with local ingredients (called country foods) to raise money for kids in need. His Northern delights included crispy Arctic char, maktaaq (whale blubber), red berries and Labrador tea. More than \$6,000 was raised for a free breakfast program in Iqaluit schools. SOURCE: NUNATSIQ ONLINE



### Pay it forward (70 years)

A 95-year-old Jewish man who was rescued from Nazi-occupied Austria when he was a child is helping Syrian Christians escape the clutches of ISIL. Lord George Weidenfeld says he wants to repay his debt because Quakers and Irish evangelicals helped him escape to Britain in 1938. Weidenfeld paid for 150 Syrians from areas under attack by the terror group to be flown by private jet to safety in Poland. He hopes to help 2,000 in all. SOURCE: THE INDEPENDENT



### Lights out for solar plane

The Swiss team trying to fly a fully solar-powered plane around the world is grounded for the rest of the year. Their Solar Impulse aircraft's batteries were damaged on the last leg of the journey from Japan to Hawaii, where the plane will likely stay until April 2016. Then, if all goes well, it will cross the Atlantic and head back to Abu Dhabi, UAE, where the circumnavigation began in March. The first 7,200 km of the whirlwind world tour was completed in just 118 hours. SOURCE: BBC

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### PHILOSOPHER CAT by Jason Logan







Amy Schumer, who co-wrote and stars in the film, cast friends and fellow comedians (including Bill Hader, pictured) to star alongside her in *Trainwreck*. HANDOUT

## Amy Schumer's got the ticket

### TRAINWRECK

### Schumer creates great roles for great comedians

#### IN FOCUS

Richard Crouse



In *Trainwreck*, a new comedy directed by Judd Apatow, Amy Schumer plays a promiscuous New Yorker who finds love.

It's a side-splitting movie that will be Schumer's big-screen breakout, but the film is also populated by a very

funny supporting cast, many of whom are Schumer's Manhattan comedy peers.

"I got to give my friends work," Schumer, who also wrote the script, says, "and they did great in it."

Colin Quinn and Dave Attell are two standups and friends who make big impressions in the film.

"I consider Colin to be like, in vampire terms, the maker," says Attell.

Quinn, a legendary comedian and former SNL Weekend Update anchor, co-stars as Amy's father, a cranky old man with an attitude and a possible drug problem.

"With actors, it's not about the lines, it's about the behaviour," says Quinn. "With

us, it's just about the words. We love it, so if you come up with something funny and it's quiet behind the camera and they yell 'Cut' and everybody starts laughing, that's the best.

"In so many things it's not about the words, but in stand-up, it's all about the words, the order of the words. I feel more than any other art form, the audience matters so much. You have this contentious relationship with them, but they are so much a part of it. I feel like musicians get together and they jam with one each other. We need the crowd to jam. To rehearse."

Attell is a club veteran, best known for his TV show *In-somniac* with Dave Attell and dark-edged lines like, "You

know, men and women are a lot alike in certain situations. Like when they're both on fire — they're exactly alike."

In the movie, he plays a homeless man who talks to Amy everyday.

"This is the character, of the four characters that I've ever played in movies, that is most like me," he says. "That's me in five years. That's me after the last season of *Last Comic Standing*, physically and emotionally.

"I've been in like, three other movies, and this movie was the most fun. You show up and they want you to riff around and you go for the jokes and you keep going until you feel you got it. I love that, especially for people who

### MOVIE RATINGS by Richard Crouse

**Ant-Man** ★★★★★  
**Trainwreck** ★★★★★  
**Mr. Holmes** ★★★

#### HOW RATING WORKS

★★★★★ SEE IT  
★★★★ WORTHWHILE  
★★★ UP TO YOU  
★★  
★ SKIP IT

that hostile audiences fuel them creatively.

"When it's not going well, you still have to do the job and that's what makes it a job," says Attell. "That's also often when you come up with the most enlightening stuff, in the tough crowd moment."

Quinn may prefer live venues but according to Jimmy Fallon he may have more movie work coming his way. The Tonight Show host predicts an Oscar nomination for the comic's work in the film.

"Why not?" Quinn deadpans. "I wasn't expecting one but an Academy Award would not affect me now, because after I didn't get nominated for *Grown Ups 2* I feel like it's a rigged game."

aren't classically trained actors."

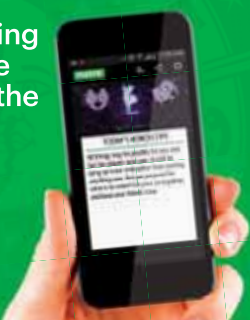
You get the feeling that as much as these guys enjoyed making *Trainwreck*, they are more comfortable on a stage in front of a crowd than they are on a movie set. Both agree

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Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

### 6 SIX@6 LAST NIGHT:

- 6 Shawn Mendes Stitches
- 5 Nicki Minaj The Night Is Still Young
- 4 Fifth Harmony ft Kid Ink Worth It
- 3 The Weeknd Can't Feel My Face
- 2 Major Lazer ft DJ Snake and Mo'Nasty Lean On
- 1 Skrillex ft Justin Bieber & Diplo Where Are You Now



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### SEVERAL HOMES IMMEDIATELY

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**MOVIE NEWS****Julianne Moore to leave Can You Ever Forgive Me**

Actress Julianne Moore has left director Nicole Holofcener's *Can You Ever Forgive Me*, citing creative differences, according to a report from *Variety*. Executives have begun the search for a replacement for Moore. The drama, co-starring Chris O'Dowd, was to begin shooting in one week. Moore will soon be appearing in the October drama *Freeheld*, and *The Hunger Games: Mockingjay* — Part 2 in November. AFP

**Cody Walker lands his first major film role**

Cody Walker, brother of the late Paul Walker (*The Fast and Furious*) has just landed his first significant role in a feature film directed by Mario Van Peebles. The Walker brothers Cody and Caleb stood in for their sibling Paul after his death in a car accident in 2013. Now, it has been announced that Cody has been selected for his first major role in *USS Indianapolis: Men of Courage*, a feature film based on a true story from the Second World War. AFP

**THE TV DINNER JESSICA ALLEN**

## I can commit to the comedy of Amy Schumer who, coincidentally, plays a commitment-phobe in *Trainwreck*. But I couldn't commit to dinner

of making fun of thick-headed ideas — and the people who hold them — has recently been the subject of endless think pieces on whether or not she is a feminist. Some so entirely missed the mark that they read like a Schumer sketch.

More murky is the subject of race: After a writer for the *Guardian* suggested that Schumer has “a shockingly large blind spot around race,” the comedian first defended herself on social media and then apologized: “I am evolving as an artist,” she tweeted, “I am taking responsibility and hope I haven't hurt anyone.”

Still, more think pieces followed, including one from the *Washington Post* titled: “Don't believe her defenders. Amy Schumer's jokes are racist.” It was written by a woman who'd read the *Guardian* piece but had



**THE PERSONALITY:**  
Amy Schumer

**THE MEAL:**  
A little bit of everything

never actually seen any of Schumer's comedy — not one sketch or standup routine.

But Schumer appears to be taking the backlash in good stride: “It's nice to have a break from being

called fat for a while,” she recently told the *New York Times*.

But I worry it'll take a toll: As soon as a comedian worries about offending someone, the joke is on them — or maybe us.

I can commit to the comedy of Schumer who, coincidentally, plays a commitment-phobe in *Trainwreck*. But I couldn't commit to dinner on Sunday night. Fish? Pasta? Pork chops, again? So I prepared what has become a regular standby: Take your favourite foods, some of which have no business being on the same plate, and call it a meal.

That meant grilling haloumi, garlic scapes and slices of baguette on the barbecue, mashing up avocado with Maldon salt and lemon juice, draping prosciutto onto a plate and tossing halved cherry tomatoes in olive oil. When I discovered half a bag of arugula in the fridge just before we ate, I was beside myself because now it was healthy.

But was it dinner? Sure. It was a little bit of everything, for everyone — which is what plenty of people want from Schumer. Only problem is, kowtowing to the masses isn't always funny.

**Jessica Allen** is the digital correspondent on CTV's *The Social*.

  
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# Twitter ranters no big deal: Apatow

Q&amp;A

## The director talks writing and Schumer's humour



Ned  
Ehrbar  
Metro | Life

Judd Apatow teamed up with Trainwreck co-writer and star Amy Schumer because of her unique comedic style, but that's been getting her in hot water lately. So where does Apatow stand? He'd say everyone should calm down, if anyone was actually upset.

**There's been a lot of talk related to Amy lately about lines of appropriateness, and culture seems to be going in a very outrage-happy direction these days.**

I think that people aren't any different now than they've

ever been. It's just that the people who are concerned about such things have easier access to a platform to complain. Comedians should be able to make jokes about everything. As long as your heart's in the right place, you should be able to comment about everything that happens in life.

**It does feel like we keep getting these 24-hour bursts of outrage, though.**

I don't think anyone is outraged. I think, like, one blogger in his basement is outraged and makes a lot of noise so that they can get noticed, but I don't think people care that much about jokes.

**Maybe it's just the illusion a limited Twitter feed can produce.**

I just don't there's a huge outrage about anything. It's just the equivalent of if every single letter to CBS when All in the Family aired

was in the paper. It's just that there's a way for those people to get noticed now. But I don't think there's any more of them than there has ever been and there's probably less.

**You're also working on a Netflix series.**

It's called Love, it'll be on next year. I guess you could call it a romantic comedy in slow motion. It's just a very deep exploration of an ordinary couple. It's fun to write things knowing that people are going to consume it quickly. Some people think my movies are long, so it might be better for me to have a five-hour series to work on (laughs).

**Does the potential for binge-watching change your approach as a writer?**

I'm trying to just enjoy it and learn as I go. We are making it with the thought that people are going to watch it in two or three sittings.

## Now playing



### ACTION & ADVENTURE

#### Ant-Man

**Director:** Peyton Reed  
**Starring:** Paul Rudd, Michael Douglas

Armed with the astonishing ability to shrink in scale but increase in strength, master thief Scott Lang must embrace his inner-hero and help his mentor, Dr. Hank Pym, protect the secret behind his spectacular Ant-Man suit. The next evolution of the Marvel Cinematic Universe.

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**Critics:** **Audience:**

**78%** **98%**



### COMEDY

#### Trainwreck

**Director:** Judd Apatow  
**Starring:** Amy Schumer, Bill Hader

Since she was a little girl, it's been drilled into Amy's head by her rascal of a dad that monogamy isn't realistic. Now a magazine writer, Amy lives by that credo — enjoying what she feels is an uninhibited life free from boring romantic commitment — but in actuality, she's kind of in a rut.

#### ROTTEN TOMATOES™ SCORE

**Critics:** **Audience:**

**94%** **96%**



### DOCUMENTARY

#### Amy

**Director:** Asif Kapadia  
**Starring:** Yasiin Bey, Mark Ronson

One of the biggest music icons in British history, Amy Winehouse was a pop star with soul, a once-in-two-generational musical talent whose appeal crossed cultural and demographic boundaries. But while her music made her a star, her chaotic personal life stole headlines.

#### ROTTEN TOMATOES™ SCORE

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# T.I. in a Marvel to behold

## PASSIONATE ARTIST

**The actor and rapper works hard at both of his careers**



**Ned Ehrbar**  
Metro | Life

How many films does a guy have to do before people stop thinking of him as “just a rapper”? Atlanta native T.I., who got his start in music, has been doing just fine in front of the camera since making his screen debut 10 years ago in *ATL*. But sometimes some people still need to be reminded of that. Maybe with his latest, Marvel’s *Ant-Man*, he won’t have to anymore.

**Were you much of a comic fan in general before this project?**

I had a fling. I kind of collected a lot of X-Men and Wolverine comics in the early '90s. I lost them, I lost the whole collection — like 35



Versatile performer T.I. loved working with Paul Rudd in Marvel’s *Ant-Man*. CONTRIBUTED

books — and I was deflated. I just couldn’t start over again. I just couldn’t.

**Before you got involved with this, how much had you heard about *Ant-Man*?**

Not much. He isn’t the best-

known of the Marvel team, but that’s great because now we can introduce him to the world — and get credit for it.

**What was the first thing you thought when they explained him to you?**

This script better be good (laughs).

**The movie is actually very funny.**

Sure. I mean, it’s hard not to be with Paul. I don’t think it was even written in the script

to be as funny as it is. I think that the onscreen chemistry and the environment that was set kind of contributed to the amount of laughs that it gets.

**It’s been a decade since *ATL*, and you do plenty of acting. But do you still find yourself having to remind people that you’re not just a rapper?**

I commit myself to just about anything that I do and give a thousand per cent. I don’t just fly by the seat of my pants doing stuff half-heartedly. And I think just reminding people that I’m a very passionate artist and performer in any genre, in any area — I mean, it’s a pain in the ass, but from time to time you kind of have to.

**So do you get any time to relax?**

No, no. Heavens no. I have an album that I’m releasing, this film, still working on a script for *ATL 2*, trying to balance all of these things. These six children I got, they won’t necessarily let me rest. If they would just stop growing and eating so much ...

## DIRECTOR Q&A

**Peyton Reed on the magic of comic-book storytelling**

“If you had told the 10-year-old me that I would be doing what I’m doing now, my head would have exploded,” says Peyton Reed, director of the latest Marvel superhero movie *Ant-Man*.

The director, best known for making comedies like *Yes Man* and *The Break Up*, says he grew up obsessed with comics and movies.

Marvel comics played a major part in his comic-book consumption.

“The thing I loved about Marvel was Stan Lee’s storytelling techniques and his editorial attitude. Those Marvel comics had a clear sensibility. They were really of the moment and had this attitude that was equal parts cocky and self-effacing.

“I loved it. They created these heroes who all had real world problems. Spider-Man was Spider-Man, but he could never get the girl in high school and he had to figure out how to make enough money to pay his rent.”

RICHARD CROUSE/FOR METRO

## FEMALE SUPERHERO

# Evangeline Lily hopes to make a mountain out of *Ant-Man*

Evangeline Lily has come a long way from nearly walking away from acting completely following her *Lost* experiences. “I think I made it quite publicly known that I wasn’t sure if I had a future as an actress, if I wanted to pursue it beyond the show,” she

says. But she’s made her peace with Hollywood — which is good, because her *Ant-Man* role may keep her busy for a while.

**With all the talk about strong female characters and the need for female superheroes,**

**do you feel like you get to be the future of that?**

I would love to be. If Marvel presented me a platform that I could get up on and do that, that would be a very immense honour for me. I think it’s fairly publicly known that I like to

represent strong females and that it’s important to me what I put out on the screen.

**Have they talked to you at all about the future of the character and when she might show up again?**

No, actually, they haven’t. I’m still waiting to find out. There is this running joke within the company that all the Marvel women are always pregnant. Scarlett Johansson, Cobie Smulders, Zoe Saldana. Well, they all suddenly have job se-

curity. We’re all suddenly in these multi-picture deals.... I’m assuming and hoping that I’m going to get a call from Marvel sometime saying, “The movie was a hit, we want to make a sequel.”

**So until that call comes in?**

I’m working on an adult novel series — or

I’m trying to. We’ll see if I accomplish that mission or not. I’m also working on the second *Squickerwonkers* book, which is the sequel to the children’s story book I published last year, and that’s my big focus right now.

NED EHRLBAR/METRO IN HOLLYWOOD

**Evangeline Lily**  
CONTRIBUTED

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Emilia Clarke, seen here in *Game of Thrones*, was nominated for an Emmy Award for outstanding supporting actress in a drama series for her role on the show. HBO/THE ASSOCIATED PRESS

# GoT reigns with 24 Emmy noms

## TELEVISION

### Nominations recognize diverse talent

The elaborate fantasy saga *Game of Thrones* received a leading 24 Emmy Awards nominations Thursday, its stature apparently untouched by backlash over a female character's rape scene.

The series is a contender again for top drama honours, an award that has eluded it since it debuted in 2011.

The TV academy took a modest step toward recognizing TV's increasing embrace of diverse TV talent, giving best actress nods to black stars Taraji P. Henson for *Empire* and Viola Davis for *How to Get Away with Murder*.

"This is what it's supposed to

be like. You should recognize actors and creative people in this industry from every level of all colours who do great work," Queen Latifah said.

The nominations set up the possibility of a history-making win: An African-American actress has never won the top drama acting award. "I gotta win! I gotta win for history!" an exuberant Henson said in May when asked about the prospect during an *Empire* panel.

However, two-time nominee Kerry Washington, the black star of *Scandal*, was left out this year.

Family comedy "black-ish" earned an acting bid for star Anthony Anderson, but failed to gain a best series nomination.

Also snubbed: freshman hit hip-hop-family drama *Empire*, which was left out of the best drama series category, and series

star Terrence Howard, who failed to get a best drama actor bid.

Instead, voters gave nods to favourites such as *Mad Men* star Jon Hamm, Kevin Spacey of *House of Cards* and newcomer Bob Odenkirk for *Better Call Saul*. The prequel to the now-concluded *Breaking Bad* earned a best drama bid in its first season out.

Gina Rodriguez, the standout Latina star of *Jane the Virgin*, failed to get a comedy acting nod despite winning a Golden Globe award for her performance.

The relatively expansive ethnic diversity that TV offers — compared to movies, which honoured only white actors this year — also is in play when it comes to sexuality. Transparent and Jeffrey Tambor's portrayal of a transsexual's life received best comedy series and acting bids.

THE ASSOCIATED PRESS

## CANADIAN EMMY CONTENDERS

### Maslany gets nod for Orphan Black

Kudos poured in from the *Clone Club* and celebrities alike on Thursday as Tatiana Maslany got her first Emmy Award nomination for her widely acclaimed performance on *Orphan Black*.

"Ahhhhhhh!! #notsnubbed," fellow Emmy nominee Amy Schumer wrote to Maslany on Twitter, where the "Orphan Black" star was trending in the U.S.

The 29-year-old Regina native is up against some heavy hitters in the outstanding lead actress in a drama series category.

Her Emmy competition includes Taraji P. Henson for *Empire*, Claire Danes for *Homeland*, Robin Wright for *House of Cards*, Viola Davis for *How to Get Away with Murder* and Elisabeth Moss



Tatiana Maslany. NATHAN DENETTE/THE CANADIAN PRESS

for *Mad Men*.

Maslany was one of several Canadians nominated Thursday, with others including Semi Chellas, Jeremy Podeswa and Michael J. Fox.

Chellas, from Calgary, picked up her fifth Emmy nomination

for *Mad Men*, in the best writing in a drama category.

Toronto-born Podeswa is nominated in the best direction in a drama category for his work on *Game of Thrones*.

Edmonton native Fox is nominated in the best guest actor in a drama category for his role on *The Good Wife*.

THE CANADIAN PRESS



Ahhhhhhh!!  
#notsnubbed

Amy Schumer wrote to Tatiana Maslany on Twitter, where the *Orphan Black* star was trending in the U.S.



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## Lessons from Manitoulin Island

A bird's-eye view of Gore Bay, on Manitoulin Island in Northern Ontario. ISTOCK

### CANADA

## First Nations experience is intimate and enlightening



### ON THE MOVE

**Loren Christie**

Learning about foreign cultures is often part of people's travel experience. However, I am not so sure that when Canadians

travel at home we are investing the same energy into discovering the cultures of our First Nations people.

A trip to Manitoulin Island earlier this summer made me realize those who do not work an element of aboriginal tourism into their vacation plans are missing out on something unique and wonderful.

Located in Northern Ontario, Manitoulin Island is a two-hour drive from Sudbury or a seven-hour journey from Toronto, including a ride aboard the MS Chi-Cheemaun ferry. When you arrive, you are aware that

something is different here; Small towns are surrounded by rugged natural beauty, permeated by a slower pace of life and a friendly warmth. It seems like every bakery, restaurant or gas station is named after its owner, allowing for an immediate connection with the person serving you.

Eight First Nation communities, all part of the larger Anishinabe nation, inhabit the island and the Sagamok region, which extends onto the mainland to the north. Together they make up the Great Spirit Circle Trail, which is not really

a trail, but rather a collection of attractions and activities offered to visitors, including a summer-long rotation of powwows.

The traditional powwows are a social and ceremonial celebration of life held over two days throughout the summer and are free of charge.

My Great Spirit experience started with a traditional smudging ceremony to bless

our day, led by local Ojibwe guide Steven Antoine. During a canoe trip on Lake

Mindemoya, he shared with me the lore of the land, which included the creation of the "grandmother" island in the middle of the lake.

After our time on the water, we went on a medicine walk, where I learned the healing properties of various plants as well as some practical

tips; Cedar tea is delicious and white birch bark will remove sticky sap from your skin.

My favourite experience was Steven teaching me how to make my own drum out of deer hide. The drum, I learned, is the one common element among all First Nations people across Canada, representing the heartbeat of Mother Earth.

After a day of doing and learning, I felt slightly humbled, but more embarrassed — why had I waited this long to experience a fascinating culture that is an integral part of our country?

**Why had I waited this long to experience a fascinating culture?**

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**Amalfi Wifi fits in your pocket.** CONTRIBUTED

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**The sun sets on Lahaina in Maui, Hawaii.** TIM STEWART

#### Hands-on falconry

The Equinox Golf Resort & Spa in Manchester Village, Vt., is offering summertime guests a chance to get even closer to nature. The on-site Green Mountain Falconry School teaches visitors about hawk training and hunting methods. The resort also has a Land Rover driving experience and fly-fishing lessons. Visit [EquinoxResort.com](http://EquinoxResort.com) DOUG WALLACE



**Handle a hawk at Equinox.** CONTRIBUTED



## 5

## COOL THINGS TO DO IN BERLIN

The history, the architecture, the incomparable rhythm of life. With one of the most varied cultural landscapes in all of Europe, Berlin almost vibrates with energy. **DOUG WALLACE** FOR METRO



**Tiergarten beer garden.**  
DOUG WALLACE

### 1 Visit a beer garden

The stereotyping is real: Beer-drinking on picnic tables is a national pastime. What's great about this tradition is both the simplicity and the inclusivity, with everyone from university kids to retirees hunkering down to plates of hearty fare, mugs in hand. No-where is that more evident than at Café am Neuen See in the heart of the Tiergarten Park, a romantic lake-side retreat in the middle of town — and one of the best spots to people-watch. CaféAmNeuenSee.de



**Arena Berlin and Badeschiff floating pool bar.** PHILIP KOSCHEL

### 2 Stay up late

Hip Berliners step out around midnight. The Kreuzberg area's Watergate nightclub, at the south end of the Oberbaum Bridge, has dance floors both inside and outside, with an amazing view of the River Spree. Be sure to do both sides of the river, crossing north into the Friedrichshain district to Revaler Street, which is teeming with clubs and bars. An outdoor concert at Arena Berlin in front of the Badeschiff beach bar makes for a perfect summer night. VisitBerlin.de



**The New Museum.** DOUG WALLACE

### 3 Step back in time

While Berlin itself is very in tune with its past, Museum Island is really steeped in history. Much of this five-museum complex has been cleverly restored since the Second World War, and now houses centuries of priceless art and cultural artifacts. The New Museum holds Early History collections and Egyptian treasures, including the famous 3,300-year-old bust of Nefertiti, while the Pergamonmuseum features reconstructions of massive archeological structures. SMB.museum



**The shops at Hackesche Höfe.** DOUG WALLACE

### 4 Get some retail therapy

For shopping, head to the Kurfürstendamm, one of the most elegant boulevards in the city, lined with all the big-name shops. Rounding the corner onto Tauentzien Street, you'll soon hit the Kaufhaus des Westens (KaDeWe), the largest department store in Europe. Find time to also visit the Friedrichstrasse and the Hackesche Höfe, a series of interconnected courtyards north of the River Spree that date back to the early 1900s. Kurfuerstendamm.de, Friedrichstrasse.de, Hackesche-Hoefe.com.



**Strandbad Wannsee.** WOLFGANG SCHOLVIEN

### 5 Hit the beach

Almost one-third of Berlin is either parkland or water, so it would be a shame not to take advantage of it. Rent a bike and head southwest over to the Strandbad Wannsee on the eastern shore of Wannsee Lake, the largest inland beach in Europe at more than 1,000 metres long. Find waterslides, boat rentals, volleyball, soccer, trampolines and private cabanas. This Cultural Heritage site has been packing them in for more than 100 years — including the nude bathing section.

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The Whitworth Art Gallery in Manchester, England. KATHY BUCKWORTH FOR METRO

## Manchester reveals its soul

ENGLAND

**City protects historic sites amid current shops, eateries**

**Kathy Buckworth**  
For Metro

"It's really hard to get lost in Manchester," our walking tour guide Jean advised us as we walked this most walkable city. "And you can always find a pub to sit down at and have a pint if you get tired."

In a nutshell, it describes this reinvigorated, yet historic city. Nicknamed "The Original Modern City," Manchester strives to protect its past — incorporating the many cotton mills which were the main source of industry in the city for many years, into its current cityscape — while transforming itself into a city of art, culture, cuisine and sport.

The best examples of this are the two English Premier League football (soccer) teams, Manchester United and Manchester City. Extreme rivals, their stadiums are housed at opposite ends of the city, the sport comes together at the Football Museum.

The downtown core houses a population of only about 50,000 (versus the greater



**University of Manchester.**  
KATHY BUCKWORTH FOR METRO

Manchester area, which is closer to 2 million) as there weren't traditionally residences located in what used to be a fairly derelict area until the mid-'90s.

Now, buildings have been renovated specifically to attract a younger demographic of students and newly employed graduates.

The city is booming with restaurants, boutiques, and a vast array of vintage clothing

shops. The most well-known is Afflecks, which has vintage and gothic clothing, jewelry, piercings and tattoo offerings spread over five eclectic floors.

The arts scene is thriving, as well, with museums and galleries offered free to the public, including the renowned Whitworth Art Gallery.

The food scene in Manchester has exploded beyond the traditional pub, from The Curry Mile, to the Alice in Wonderland-themed Richmond Tea Rooms, and to the authentic tastes of Malaysia at the fabulous Ning Restaurant.

Historic sites are protected and adapted across the city; most notably the Printworks Building, once home to the Daily Mirror, which relocated to London. This cavernous building's facade is still intact, with an indoor dining and movie complex built as a faux outside street.

One "historic" site which will not be preserved is the original studio site for Coronation Street, the world's longest running television program.

Filming moved to the new Media City in 2013, and after a short period of offering set tours, the site will be demolished in 2016 to make room for hotels, theatres, and 2,500 apartments.

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Birch Hill's Zach Sill played 62 games with the Penguins over parts of two seasons before joining the Maple Leafs in the middle of 2014-15. He'll bring his career 96 penalty minutes and minus-9 rating to the Washington Capitals this fall. JUSTIN K. ALLER/GETTY IMAGES

## Sill crosses floor to join Capitals

NHL

### Former Penguins tough guy signs deal for D.C. move

For years, Zach Sill duked it out with the Washington Capitals organization as a member of the archrival Pittsburgh Penguins club.

Between the NHL and AHL, Sill the Hershey Bears and Capitals a half-dozen times each year. In fact, eight of his 48 fights since turning pro have been against members of the Caps organization.

But the past is the past now and Sill's immediate future is on the other side.

On Wednesday, Sill signed a one-year, two-way the Washington Capitals.

"They came with an offer and it was a good one," Sill said. "I think there's a good chance I'll be able to play there. They have a good strong team and it looks like a good situation to go into."

Sill, 27, is coming off his first full season in the NHL season. The Birch Hill native played

63 games, split between the Pittsburgh Penguins and Toronto Maple Leafs, scoring once and adding three assists. The more impressive stats are his 84 penalty minutes and ability to maintain a minus-2 rating on a fledgling Leafs roster.

After signing the deal, Sill's father, Grant, remarked about his son having the chance to play with both Alex Ovechkin and Sidney Crosby — two of the NHL's marquee players. Not bad for a kid who started with his hometown Truro Bearcats.

The last two seasons have ended with uncertainty for Sill, having contracts wrapping up on July 1 each year. With the Leafs in turmoil, Sill didn't know right away where he stood this summer.

"It's not stressful anymore," he said with a laugh. "But it is a little stressful though. I mean you don't know what's going to happen the next year or what your future looks like at the time. I've been taking it day by day and having conversations with my agent, keeping me in check. Thankfully we got a deal done, so it's good."

Still, he is happy with his time in Toronto and said he was

“

**I knew what I had to do, I had to play hockey, and that's what I did.**

Zach Sill on avoiding distractions during the Maple Leafs' plunge down the standings last season.

never distracted from his job.

"They needed someone to come in and have a little life and play the hard game and that's all I had on my mind," Sill said.

Now he'll take the same approach into D.C. where he hopes to crack the roster and stay in the NHL next season.

"I think it would be the same (situation) if I signed there, or if I signed anywhere else," he said. "I'm going to have to go in there and battle for a spot and try to beat somebody else out and play for that 12th or 13th forward. Kind of the same thing I did in Pittsburgh last year. It's going to be hard and a challenge, but I think I'm up for it."

RYAN COOKE/TRURO DAILY NEWS

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# Mentor nets gold playing pupil

PAN AM 2015

## Li tops doubles partner in all-Canadian singles final

They are training partners, doubles teammates and good friends. But when Markham's Michelle Li and Toronto's Rachel Honderich faced each other across a badminton net Thursday — a gold medal on the line — they were the fiercest of rivals.

That's a role they don't play particularly well; they just have too much respect for each other. At 23, Li is the veteran and was favoured going into the final at the Pan Am Centre in her hometown of Markham. Honderich, 19, was the underdog, and at their hotel the night before, kidded her mentor that she was going to tamper with Li's racquet.



**Rachel Honderich**  
TORSTAR NEWS SERVICE

"I said I was going to cut her strings," Honderich said with a laugh. She was also threatening to wake Li up in the middle of the night to deprive her of sleep.

"I joked about it," Honderich said, "but I didn't go through with it."

In the end, no clever shot — or practical joke — would keep Li from her second consecutive Pan Am Games gold singles medal.

In front of a packed and enthusiastic crowd of 1,000, Li shook off minor ankle and knee ailments to post a 21-15, 21-9 victory in 26 minutes to take the gold, as Honderich settled for silver.



Michelle Li lunges to hit a return to fellow Canadian Rachel Honderich during their singles final in Markham, Ont., Thursday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

"To be able to win that in front of my friends and family, and my teachers from elementary school who I haven't seen for 10 years, I think that makes it really special," Li said.

There was no talk before the match about building competitive tension. The mentor and student — who together won a bronze in women's doubles earlier this week — even sat beside each other at breakfast.

"For each of our matches leading up to this, we're always there, warming up for each other, so we stuck to the same plan," Honderich said.

Coming into the final, Li carried a 3-0 margin in head-to-head matches. The last time

they played each other was in the 2014 Pan American badminton championships in Markham, when Li swept to gold with 21-13, 21-16 victory.

Li and Honderich will now prepare for singles at the world badminton championships in Jakarta, Indonesia, in August.

Honderich, Ottawa's Andrew D'Souza and the mixed team of Toronto's Alex Bruce and Vancouver's Toby Ng took silver on Thursday. There were also two bronze medals in women's doubles (semifinal losers are both awarded bronze, so along with Li and Honderich, Bruce and her partner Phyllis Chan also won medals).

TORSTAR NEWS SERVICE

## + CANADIAN CYCLISTS TOP PODIUM



Hugo Barrette, front, Evan Carey and Joseph Veloce were victorious in the men's team sprint. EZRA SHAW/GETTY IMAGES

The Canadians men's and women's sprint teams took double gold in the first day of track cycling at the Cisco Milton Pan Am/Parapan Am Velodrome.

Hugo Barrette of Cap-aux-Meules, Que., Victoria's Evan Carey and Joseph Veloce of St. Catharines, Ont., edged Venezuela in 44.241 seconds in the men's race.

Kate O'Brien and Monique Sullivan topped Cuba in 33.959 seconds in the women's team sprint.

THE CANADIAN PRESS

## Dougie Hamilton and family avid fans of amateur sports

If you've been taking in events at these Pan Am Games, you might have met the Hamiltons. Maybe you knew them already, given the family's involvement in sports.

They've been pretty much everywhere, from the opening ceremony, to women's gymnastics, to squash, rugby, rowing and wrestling. They had plans for the velodrome, and who knows what else the rest of the way.

"We want to see some different sports we maybe haven't seen before," Dougie said.

So who are the Hamiltons? Dougie is the youngest and, these days, the most famous, having been dealt from the Boston Bruins to the Calgary Flames in a blockbuster trade in June. His older brother, Freddie, is a centre for the Colorado Avalanche.

Their mother, Lynn Polson, played for Canada's basketball team at the 1984 Olympics in Los Angeles, where she met her husband Doug, who won bronze there as a member of the Canadian rowing crew.

Not only have mother, father

and both sons all represented Canada internationally in their various sports, they also appear to be Pan Am Games fanatics.

And now they are taking in the Pan Am Games as a family for the second time, having done so already in Winnipeg in 1999.

"With amateur sports, it's unbelievable," Dougie said. "When you have a chance to see them, you should see them. It's something me and my brother grew up watching and following. Having the Pan Am Games right here in Toronto is a really cool experience." TORSTAR NEWS SERVICE

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# Spieth, Johnson lock horns again

BRITISH OPEN

## Jordan two off leader Dustin in repeat of U.S Open battle

Jordan Spieth played like he had a Grand Slam to win. Dustin Johnson played like he had a score to settle.

The two main characters from Chambers Bay brought their games across eight time zones and an ocean Thursday and set the tone at St. Andrews for what could be another riveting battle at the British Open.

Spieth quickly seized on his opportunity for a third straight major with six birdies in his first 11 holes, fought through a chilly wind on the inward nine and closed with a birdie for a 5-under 67 that put him two shots out of the lead.

Johnson, whose three-putt from 12 feet on the final hole cost him a shot at the U.S. Open, looked as daunting as ever. He simply overpowered the Old Course with such force that he hit wedge into 10 of the par 4s and had an eagle putt on another. With a pair of big par saves on the tough closing holes, he played bogey-free for a 65 and for at least a day made good on a warning he made earlier in the week.

Asked about Spieth's chances to sweep the four majors, Johnson said, "Well, I'm playing the next two so we'll have to see."

This was hardly a two-man



USA's Dustin Johnson and Jordan Spieth, paired together for the first round, are again in a duel in the early stages of the year's third major. Johnson missed a putt to hand Spieth the US Open title in June. STREETER LECKA/GETTY IMAGES

show. The six players who were one shot behind at 66 included former British Open champion Paul Lawrie and two-time U.S. Open champion Retief Goosen.

Jason Day, coming off his scary bout with vertigo symptoms at the U.S. Open, was back on his feet and back in the hunt. Most impressive from that group were Zach Johnson and Danny Willett, who posted their scores as the temperature dropped

and wind stiffened late in the afternoon.

Spieth was joined at 67 by Louis Oosthuizen, the last Open champion at St. Andrews.

"If D.J. keeps driving it the way he is, then I'm going to have to play my best golf to

have a chance," Spieth said. The real test might come from the weather.

Spieth and Johnson got a break by playing in the morning when St. Andrews was ripe for scoring — 10 of the top 12 scores came from that side of the draw. That didn't help Tiger Woods, who hit into the Swilcan Burn on the opening hole, made only one birdie and shot 76.

"Guys have been shooting good numbers," said Woods, a two-time Open champion at St. Andrews. "Unfortunately I did not do that." Instead, he was headed for a missed cut for the

third time in his last four majors.

The afternoon wave suffered in chill and wind so strong that Phil Mickelson hit driver and 3-wood and didn't reach the 465-yard 13th hole. He said he had to hit 5-iron for his third shot on the par-5 14th. Johnson was pin-high with a 3-wood in the morning. Mickelson made only one bogey on the back nine and shot 70. He called the conditions "fun," though his smile might not last if the morning group doesn't face the same conditions.

The first 26 groups had an average score of 71.46. The last



Leader Dustin Johnson tees off on the 2nd hole during the first round at St. Andrews. The athletic American has been out-hitting Spieth off the tee by 36 yards. ANDREW REDINGTON/GETTY IMAGES

## + HARDEST HOLE

The Road Hole, the 17th, was by far the toughest hole on the Old Course, playing closer to a par 5 than a par 4. No one made a birdie on the hole, but Dustin Johnson was one of 53 players who managed to make par on his way to the first-round lead.

ers since 1934 have won the first two majors of the year. Only Ben Hogan has won the Masters, U.S. Open and British Open in the same year. No one has won all four.

The key for Spieth in the first round was to stay close, and that's what he did — not in driving distance, but by score, which ultimately is all that matters.

THE ASSOCIATED PRESS

65

Leader Dustin Johnson's score after a bogey-free first round on the old course

**If D.J. (Dustin Johnson) keeps driving it the way he is, then I'm going to have to play my best golf to have a chance.**

American Jordan Spieth on his British Open and Grand Slam chances

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FIFA

## Indicted official extradited to the U.S.

One of the seven FIFA officials arrested in Zurich as part of a corruption probe has been extradited to the United States, the Swiss Justice Ministry said Thursday.

The Federal Office of Justice said the man, whom it did not identify, was extradited on Wednesday after 50 days of detention in Switzerland.

"He was handed over to a three-man U.S. police escort in Zurich who accompanied him on the flight to New York," the ministry said in a statement.

The official agreed last week to be extradited, unlike six others who are fighting extradition.

The extradition hearings are being held by Zurich cantonal (state) police in a process expected to finish by early September, Swiss justice office spokesman Raphael Frei told the Associated Press on Thursday. Appeals to Switzerland's federal criminal court and supreme court can extend the cases by several months.

The extradited man is accused of "accepting bribes totalling millions of dollars in connection with the sale of marketing rights to various sports marketing firms and keeping the money for himself," the justice office said last week.

All seven men were arrested on May 27 in dawn raids on a luxury hotel in Zurich by Swiss federal police at the request of American federal agencies.

They include FIFA vice-president Jeffrey Webb of the Cayman Islands and former FIFA vice-president Eugenio Figueredo of Uruguay. Both have been suspended from football duty by FIFA's ethics committee.

A total of 14 men — nine football officials and five marketing executives — were indicted by the U.S. Department of Justice in May.

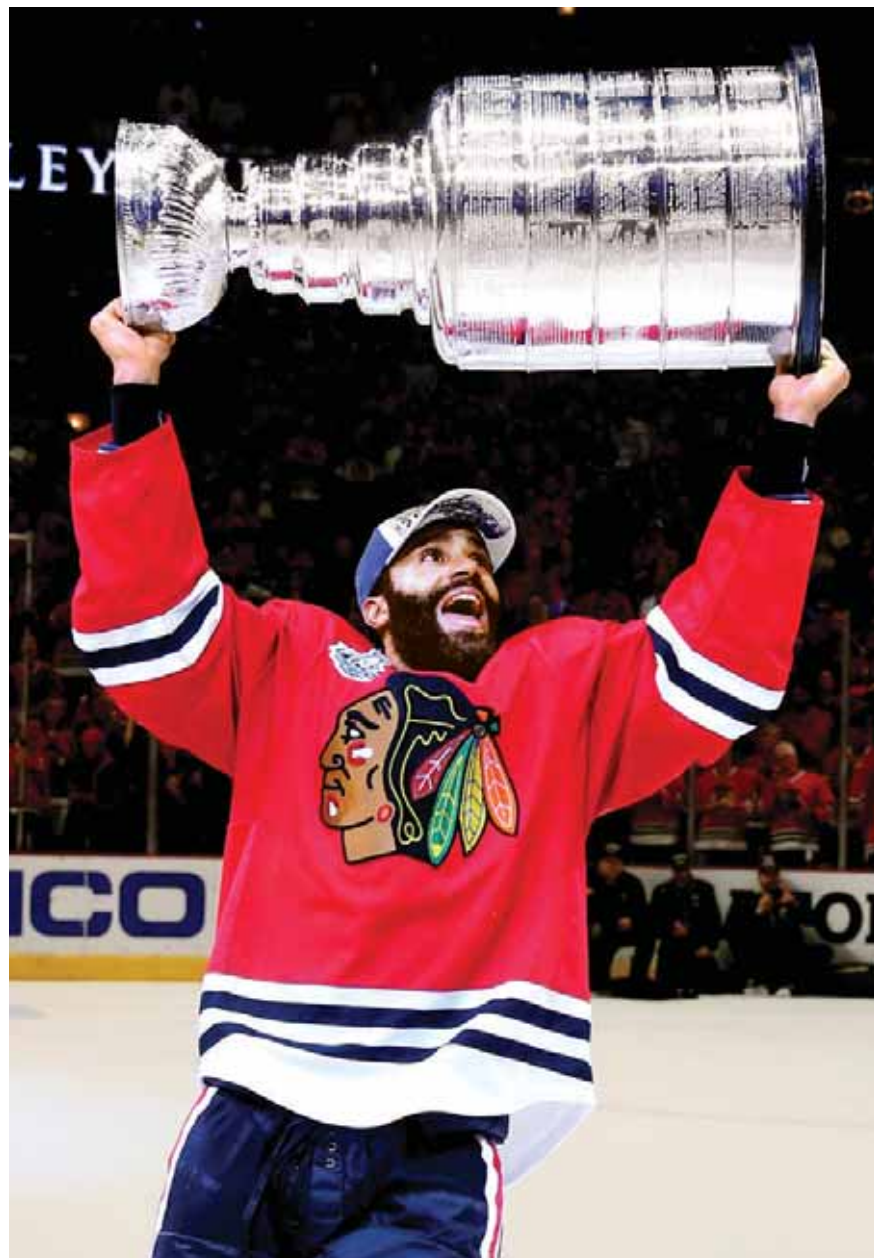
THE ASSOCIATED PRESS

### + SECRECY

FIFA's ethics committee wants to lift secrecy rules that protect accused officials from being identified and keep case details private.

Fighting back against rules imposed by FIFA's scandal-hit executive committee in 2012, ethics prosecutor Cornel Borbely and judge Joachim Eckert said Thursday that more openness would help curb offending.

# The Stars of the off-season



Defenceman Johnny Oduya signed a \$7.5-million, two-year deal with the Stars on Wednesday.

BRUCE BENNETT/GETTY IMAGES

NHL

## Dallas fortifies its roster with a trio of proven Cup winners

The Stanley Cup isn't won in the off-season. If it was, start engraving the trophy for the Dallas Stars.

With the signing of defenceman Johnny Oduya on Wednesday, the Stars put the finishing touches on an off-season that didn't transform the roster but filled the kind of holes that should put them back in the playoff picture.

"We're in the beginning of, I think, where we should be starting to make the jump," general manager Jim Nill said.

Dallas acquired and signed Antti Niemi to a deal that strengthens its goaltending, even if it's at a hefty price of \$4.5 million US over three years. The Stars then traded defenceman Trevor Daley and bottom-six forward Ryan Garbutt to the Chicago Blackhawks for scoring winger Patrick Sharp and defensive prospect Stephen Johns.

Signing Oduya, who won the Cup with the Blackhawks last month, to a \$7.5-million, two-year deal was "the last piece of the puzzle," according to Nill. What it did was effectively replace Daley and make the Sharp trade look even sharper.

Oduya is 34 now, perhaps a step slower than he was as a teenager when Nill scouted him. But he's an immediate upgrade on the Dallas blue line.

"Once we knew we were going to make that trade, losing Trevor Daley, I knew (adding a defenceman) was something we wanted to look at," Nill said on a conference call Wednesday. "Any time you can add a player of Johnny's stature, somebody that has won, a guy that does everything right, you can't go wrong with it."

In Niemi, Sharp and Oduya, the Stars added three players with Blackhawks Cup rings. That pedigree was something Nill considers important, but he made each move for a different reason.

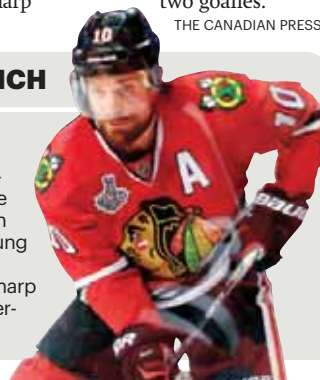
Sending a seventh-round pick to the San Jose Sharks for Niemi's rights and signing him took care of what Nill called his biggest need. He cited the Stars' brutal travel schedule — which according to On the Forecheck includes the third-most kilometres in the NHL and 12 back-to-backs — for wanting Niemi and fellow Finnish veteran Kari Lehtonen to split the goaltending work.

"I really think it's becoming a two-goalie league now," Nill said at the draft in Sunrise, Fla. "It's hard. You look around the league at the teams that had a lot of success, it's because of two goalies."

THE CANADIAN PRESS

### + SCORING PUNCH

Sharp gives the Stars another top-six forward to complement Art Ross Trophy-winning captain Jamie Benn, centres Tyler Seguin and Jason Spezza and young winger Valeri Nichushkin. Nill said the 33-year-old Sharp brings good veteran leadership to a young team.



NHL

## Ribeiro settles sex assault lawsuit

Predators centre Mike Ribeiro and his wife have settled a lawsuit in which their nanny accused the player of sexual assault.

An arbitrator met July 6 for eight hours before settling the lawsuit. His report was entered Wednesday in the Eastern District of the U.S. District Court in Texas.

The settlement came as an amended complaint was filed June 18 providing more details to her lawsuit. The complaint



Mike Ribeiro  
GETTY IMAGES

Lean, Va., after working as their babysitter for six years while he played for the Dallas Stars.

THE ASSOCIATED PRESS

detailed allegations of an assault in August 2012 when the then-18-year-old woman helped the Ribeiro family settle into their new home in Mc-

### NBA IN BRIEF

#### Barea's deal given a boost

The Dallas Mavericks have re-signed point guard J.J. Barea, who will back up Deron Williams.

Barea signed a four-year, \$16-million contract. He originally agreed to a two-year deal at less than \$6 million, but Dallas had more money under the salary cap without the max contract of four years and \$80 million for DeAndre Jordan, who backed out on a deal and re-signed with the Los Angeles Clippers. THE ASSOCIATED PRESS

TOUR DE FRANCE

## Froome still leads after the Pyrenees

One mountain range completed, one more to go.

Only the Alps loom as the last major obstacle between Chris Froome and a second Tour de France victory in Paris.

His rivals tried and failed to make the British rider and his super-strong Sky team wilt on the last day of climbing in the Pyrenees on Thursday, on Stage 12 won by Joaquim Rodriguez of Spain, who gritted his teeth in driving rain on the final climb for his second stage win.



Chris Froome  
GETTY IMAGES

But to get to the 2013 champion, Froome's rivals must first get past his teammates. And that is a problem. THE ASSOCIATED PRESS

"There are only a certain amount of opportunities before we get to Paris," Froome said. "We've just got to expect everything to be thrown at us."



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## RECIPE Chocolate Chip Cookie "Pizza"



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This is the most entertaining way to enjoy a classic cookie recipe! Serves 12.

### Ready in

Prep time: 5 minutes  
Cook time: 20 minutes

### Ingredients

- 1/4 cup vegetable oil
- 1/3 cup brown sugar
- 1/3 cup white sugar
- 1 egg
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1 cup all-purpose flour
- 1/2 cup semisweet chocolate chips
- 1/2 cup raisins or dried cranberries
- Garnish
- 3 Tbsp semisweet chocolate chips
- Icing sugar

### Directions

**1.** Preheat oven to 350 F. Spray a 10" oven safe skillet with vegetable oil.

**2.** In a bowl, add oil, both sugars, egg and vanilla until well mixed. Add remaining ingredients, except for garnishes and mix until flour is incorporated. Spread evenly into skillet and bake for 20-25 minutes. The longer you bake, the crisper the texture.

**3.** In a microwaveable bowl, melt remaining chocolate on medium heat in microwave for 30 seconds or just until chocolate begins to melt. Drizzle over top of cookie and dust with icing sugar.

### Nutrition per serving

- Calories 200
- Protein 2 g
- Carbohydrates 30 g
- Fat 8 g
- Saturated fat 2.5 g
- Cholesterol 20 mg
- Sodium 65 mg
- Fibre 1 g

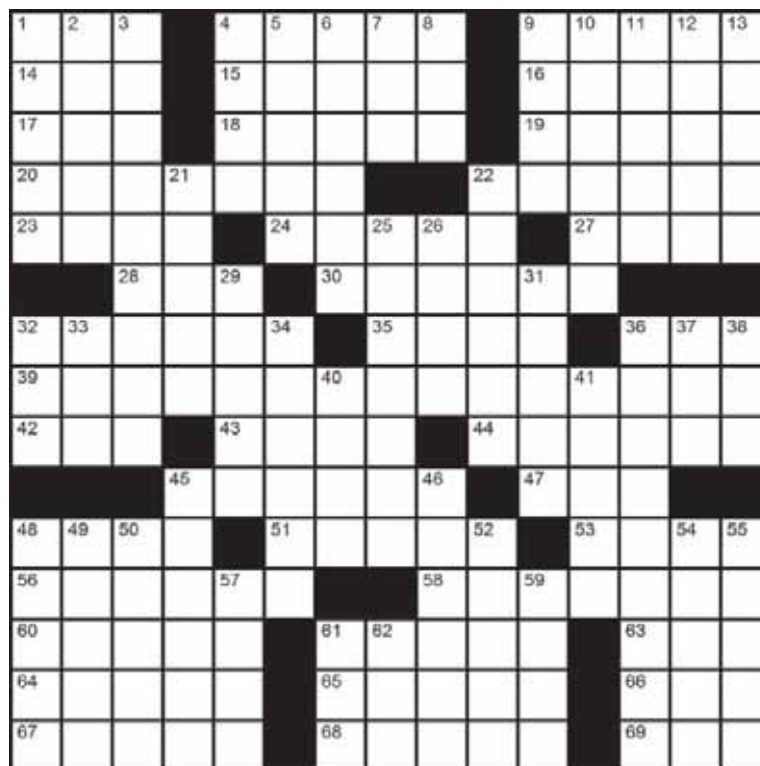
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Orlando's li'l state  
4. Social customs  
9. \_ of 2015  
14. Towel holder  
15. Sporty rock concert venue  
16. Major artery  
17. In the past  
18. Straight-  
19. Carbonated beverages  
20. As per #39-Across... Matthew Cuthbert's sister  
22. Cakes creators  
23. Barenaked Ladies song  
24. Wet with a gardening hose  
27. Like ballpoints  
28. Super \_ (Old video game console by Nintendo, commonly)  
30. \_ an idea (Persuade about a course of action, for example)  
32. "...pain, \_" (Bodybuilder's mantra)  
35. " \_ I say, not..."  
36. Neg. opposite  
39. Montreal-born "Anne of Green Gables" actress who played the character at #20-Across: 2 wds.  
42. Demure  
43. Merriment  
44. Gown and cap wearer  
45. Do additional lawn work  
47. Barley bristle



48. Sole spot  
51. Root used in perfumes  
53. Bounced-back sound  
56. Scottish pattern  
58. Beverage in Anne of Green Gables, Raspberry \_

60. Prognosticate  
61. Competently  
63. A.A. Milne play, Mr. \_ Passes By  
64. Gawk  
65. Particular purple  
66. "Much \_ About Nothing" (1993)  
67. Reddish-brown

- hair rinse  
68. Pinnacles  
69. \_ Vegas

### DOWN

1. Painting border  
2. Mount in the Yukon, Canada's highest  
3. In a highly cher-

- ished manner  
4. West Edmonton \_  
5. Verbal tests  
6. Briefly summarizes  
7. Opposite WSW  
8. Unhappy  
9. \_ Loma, Toronto attraction

10. Check up on/take a peek: 2 wds.  
11. "Insensitive" singer Jann  
12. Barren  
13. Cheeky  
21. Pretty perfect  
22. Community regulations regarding fences, pools, trees, etc.  
25. Alberta city: 2 wds.  
26. "Wake Me Up" singer Mr. Blacc  
29. Warfare attack  
31. Ice Cube, aka \_ Jackson  
32. \_ -1701 (U.S.S. Enterprise marking)  
33. Ghost's sound!  
34. Mr. Mandela  
36. School bigwig  
37. Bear, in Barcelona  
38. Gibraltar, e.g.  
40. \_-do-well  
41. Not married  
45. Bring back  
46. Declaration  
48. Cache  
49. Fashion: \_ couture  
50. Hockey game instrument  
52. Crack  
54. \_ Gwaii (Queen Charlotte Islands, now)  
55. Edward James \_ "Battlear Galactica" star  
57. Domain  
59. Deli loaves  
61. Grammy competitor, commonly  
62. BC's li'l ocean

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
What you want to do and what you have to do will be two different things today, but there is no point getting annoyed because others have the upper hand. It won't be long before the roles are reversed.

**Taurus** April 21 - May 21  
Your reputation seems to be heading south in some people's eyes. What have you done to turn them against you? Probably no more than to tell the truth about something they feel strongly about.

**Gemini** May 22 - June 21  
You will find it exceedingly easy to guess what people are planning over the next 24 hours. Add to that the promptings of your inner voice and you can't go wrong.

**Cancer** June 22 - July 23  
It may feel as if time is running out, that if you don't make a move soon you will miss out on an opportunity. But the planets urge you to be aware there are no shortcuts to success.

**Leo** July 24 - Aug. 23  
Things that made no sense to you at all a short while ago will make perfect sense today and over the weekend and by the time the Sun moves in your favor on the 23rd you will wonder why you found it so hard to get your head in gear.

**Virgo** Aug. 24 - Sept. 23  
By all means help a friend if they are in trouble today but don't cover up for them. The most important thing now is that they come clean about their mistakes.

**Libra** Sept. 24 - Oct. 23  
There is still time to do something dramatic, something that impresses those in positions of power, so get to it. You may not want to be the centre of attention but it goes with the territory.

**Scorpio** Oct. 24 - Nov. 22  
The planets warn that certain people will try to bully you into abandoning ideas and opinions that mean a lot to you — and you must fight them every inch of the way.

**Sagittarius** Nov. 23 - Dec. 21  
Today's events will manoeuvre you in a direction you are not sure you want to go. According to the planets it is not only the right thing for you but, deep down, you know it is too, so don't fight it too hard.

**Capricorn** Dec. 22 - Jan. 20  
Your needs and desires have not been satisfied to any great extent in recent weeks but be of good cheer. In a matter of days you will get the chance to make up for lost time. Today though you should let others have their own way.

**Aquarius** Jan. 21 - Feb. 19  
One day soon you will look back and laugh at the things you allowed yourself to get worked up about. That day will come quicker if you refuse to give in to the emotional side of your nature.

**Pisces** Feb. 20 - March 20  
The Sun remains in the most creative and dynamic area of your chart only until the 23rd, so there is still time to do something amazing but you have got to be quick.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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